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THE
VESSEL-MASTER'S MEDICAL MANUAL
AND
FAMILY GUIDE.
MELVILLE.

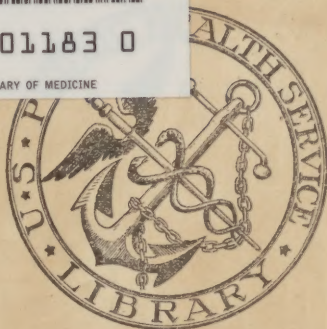
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THE
Vessel-Master's and Steamboat-Captain's
MEDICAL MANUAL
AND
FAMILY MEDICAL GUIDE.

BEING A SERIES OF SHORT AND PLAIN DIRECTIONS FOR THE TREATMENT OF DISEASES,
AND THE ADMINISTRATION OF MEDICINES ON BOARD VESSELS WHICH
CARRY NO SURGEONS.

ALSO FOR THE USE OF THE
FAMILY AT HOME.

THE WHOLE STRIPPED OF PROFESSIONAL TERMS, AND
ADAPTED TO THE COMPREHENSION OF EVERY
INTELLIGENT VESSEL-MASTER, AND ALL
WHO ARE FAMILIAR WITH THE
ENGLISH LANGUAGE.

*Captain, would you have a good and faithful crew?
Feed them well, treat them well, work them well, pay
them well, and care for them when they are sick.*

*Show your interest in their comfort and welfare, and
they will show their interest in your success.*

By FRANCIS C. MELVILLE, M. D.,
PRACTITIONER OF MEDICINE AND SURGERY FOR FORTY-SIX YEARS.

PHILADELPHIA
PRINTED FOR THE PUBLISHER.

1883.



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INTRODUCTION.

IT will not for one moment be supposed that all the diseases to which humanity is heir can be described, or even touched upon, in a volume of this size and character. Only such complaints as are well marked and clearly defined, and the symptoms or signs of which present themselves most *unmistakably* to the senses, are here treated upon.

Every sailor in our merchant marine is taxed, and is expected to pay tribute to the support of the *Marine Hospital* system. And it is both his privilege and his duty, when overtaken by any complicated form of disease, to apply for and avail himself of the benefits of the hospital. And all honest and intelligent vessel-masters, when they find a case which baffles their skill, and for which no provision is made in these pages, will promptly recommend the sailor to the authorities of the Marine Hospital of the port next entered.

For the *family*, this little book will be found a treasure of inestimable value. It is by no means intended to supersede the physician but to act as his pioneer and aid. How often do you hear him complain, "Oh! if you had only known the symptoms, and called me at an earlier period; *but now it is too late!*" This book is intended to *teach you*, mother, the symptoms of the diseases of childhood, and to enable

you to apply remedies which are at hand before that "*too late*" period arrives. A mother said to me to-day, after listening to the chapter on "*croup*" in this book, "Oh! if I had only known *that*, my precious darling would have been living *to-day*. But he died while his father was gone for the doctor."

If the signs mentioned in this book as indicating a certain disease are wanting, and you are uncertain how to proceed, *call the doctor at once, without a moment's delay*. If measles, scarlatina, variola, or any of the diseases of childhood, are prevalent in your neighborhood, and your child is uneasy and complaining, search at once for the signs of the disease, and administer the remedy without delay. In this manner many little lives may be saved, and much suffering and pain avoided.

PREFACE.

THIS little book, the result of many a day of toil, has been prepared to meet a want long known to exist in the area to which it is devoted, the vessel-cabin and the family circle.

It has been prepared in compliance with the requests of hundreds of vessel-masters in almost every port in the United States; and the writer, after a vain attempt to engage more eminent talent in the undertaking, has, with fear and trembling, launched forth upon the troubled waters himself.

The book is now given to the shipping interest of the country, and its happy family circles, for *just what it is worth*. If it has any *value*, the writer feels perfectly assured that the ladies and gentlemen for whose benefit it has been prepared have sufficient intelligence to discover it, and sufficient candor to acknowledge it; if it has *not*, the sooner it dies and is buried beyond resurrection, and is forgotten, *the better*.

F. C. MELVILLE.

ACKNOWLEDGMENTS.

THE AUTHOR takes great pleasure in acknowledging the valuable aid he has received, in the preparation of the following pages, from the works of Ashhurst, Aitkin, Bartholow, Braithwaite, Bristowe, Carpenter, Cazeau, Christison, Clark, Cohen, Delafield, Dewees, Dunglison, Benj. Ellis, Geo. V. Ellis, Flint, Griesinger, Gross, Gunn, Griffith, Hamilton, Janeway, Jacobi, Morris Longstreth, Maxson, Miller, Neumann, Sargent, Stein, Tait, J. Thomas, H. C. Wood, Wood, Remington and Sadtler and others; and the Medical and Surgical Journals of the day.

F. C. MELVILLE,

No. 1620 Richmond St.,
Philadelphia.

CAUTION.

THE public is hereby notified that the **peculiar arrangement** of this book, the symptoms of the disease on one column, and the remedies on the other, of the same page, bringing both under the eye of the reader at the same time, is a part of the copyright; and is under the protection of the law in such cases made and provided.

F. C. M.

THE
VESSEL-MASTER'S AND STEAMBOAT-CAPTAIN'S
MEDICAL MANUAL,
AND
FAMILY MEDICAL GUIDE.

THE necessity of a carefully selected and well filled medicine-chest on board every vessel leaving an American seaport has long since been recognized by all who are interested in the welfare and success of our Merchant Marine.

As men everywhere are liable to sudden attacks of disease, in its various forms, as often on the sea as on the land, it becomes absolutely indispensable that some one present should be able to form a tolerably clear conception of the character of the attack, and of the means requisite to successfully combat it.

This little book is intended to furnish this information, and to enable the master to form, from the symptoms present, a pretty accurate idea of the disease, and to select from his medicine-chest the proper remedy to effect a prompt and thorough cure.

Every well regulated medicine-chest should be supplied with a pair of small accurate scales—which must be kept scrupulously clean—and a set of weights running from one-half grain to two ounces; a one ounce graduating glass, a minim glass for measuring drops, and three or four spatulas of different sizes.

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Thus equipped, the captain is capable of being his own druggist, as he is, after mastering the contents of the following pages, of being his own physician.

THE ADULTERATION OF FOOD.

There is no country on the face of the earth, where more stringent laws against the adulteration of food, exist than ours; and there is none where the laws are so completely a "dead letter." Every article which we eat, that is capable of adulteration, is adulterated. Flour, sugar, tea, coffee, spices, bread, cake, confectionery, ice cream, milk, butter, cheese, in fact almost **everything**, is subject to adulteration, by men in their greedy haste to accumulate riches. The laborer, who on Saturday night goes to the grocery, and purchases his twenty-five pound bag of flour, for a dollar, actually gets eighteen or nineteen pounds of flour, and six or seven pounds of gypsum, ground plaster, or pulverized stone. He takes it home, and his poor overworked wife attempts to make eatable and digestible bread of it. Of course the attempt ends in a failure. She knows **something** is the matter with the flour, but **what** she cannot tell. And a chemical analysis is a luxury far beyond her reach. In every city there should be a **public chemist**, paid by the city, whose business should be to analyze any article of food on which suspicion rests, whenever called upon by a magistrate to do so. And the penalty for adulteration should be both **sure** and **swift**. The following is a simple, but **certain** method of detecting adulteration in flour. Take a glass tube six inches long by one-half inch diameter.

fill it half full of the suspected flour, and put in a **teaspoonful of chloroform**, and shake it up well for a few moments ; then set it away to settle. The **flour** will rise to the top with the chloroform, and the adulterant will fall to the bottom and remain.

WHAT DO YOU TAKE MEDICINE FOR ?

How many people are there in this country, even among those who consider themselves "educated," who can give a lucid and intelligent answer to this question ? To most persons, the young especially, the doctrines of regularity of habit, sanitary discipline, and a careful inspection of natural and artificial surroundings, are a sealed book.

To this class of people medicine is not an erudite science or a learned art, but it is little more than the commonplace administration of physic. They cannot understand medicine without drugs, and its virtue and power are popularly measured by the violence of its operations. Its very name is in ordinary parlance synonymous with physic. Take from it its pills and potions, and for them you take away its whole art and mystery. They do not believe in a scheme of treatment, however deep-laid and skillful, which does not include a certain statutory dosage. So that, as a rule, medical men are practically compelled to give their patients a visible object of faith in some form of physic, which may be at most designed to effect some very subordinate purpose. And it is remarkable how strongly even among the educated classes this feeling prevails. Cure by the administra-

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tion of mixtures and boluses is so fixed and ancient a tradition that it is only very slowly that the world will give it up. The anxiety of the friends of the patient wants to do more than follow the simple directions of "nursing," which have been so carefully inculcated, and possess apparently so little remedial power. There is nothing of the unknown about them in which a fluttering hope of great advantage can nestle. Thus it is necessary to educate the world into a belief in medicine apart from drugs, which finds its power of curing in adaptations of the common conditions of life and applications of physiological facts—a medicine which takes into its hands the whole life, and orders and fashions its every detail with scientific definiteness. It is found in every-day practice that this popular misunderstanding of the modern spirit of medicine constantly checks the little tentative advances of a more scientific treatment, and it is necessary that it should be generally understood how powerfully the various processes of the economy may be affected by the manipulation of the conditions of common life.

THE NEW THEORY OF DISEASE.

The old and popular doctrine, conceived and cradled in medical ignorance, that "all disease has its origin in impurity of the blood," is about to be relegated to the shades of oblivion. The theory that all, or nearly all diseases are due to germs, is fast dislodging in the minds of speculative physicians the more ancient idea, and establishing the premise that all disease is nothing more nor less than a struggle for existence between the animal organism, in part or as a whole

on the one side, and an invading army of parasites striving for its destruction on the other.

Close and long continued observation has elicited the probability that the diseases so often attributed to external violence, improper food, careless treatment, poisons and atmospheric and miasmatic influences are produced far less frequently by these causes, than by the attacks on the system by the swarms of parasites. The majority of these parasites are accredited to the vegetable kingdom, and but very few are known to be of animal organism. These vegetable parasites belong to the order known as "bacteria," and are the lowest form of fungi. They are divided into three classes, the rod-shaped, which are called bacilla; the granular, called micrococci; and the screw-shaped, known as spirilla. They are all around us; the air we breathe, the water we drink, the perfumes we inhale, are teeming with these invisible forms of minute life, and are momentarily finding a lodgment in some part of the delicate organism of the human system. They are deposited on every object exposed to atmospheric influences; and although not readily recognized even by the use of the microscope in a dry state, the fact of their existence soon proclaims itself by their tremendous power of multiplication. In a congenial soil each individual bacterium increases and divides into two young bacteriums within the space of one hour! And the entire progeny continue the prolific work of their ancestors. At this rate a single germ, if not deprived of ample means of living, will produce an astonishing number within twenty-four hours. During their growth they live exclusively on fluid

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substances ; and the decomposition of all organic substances is due to their presence. **Without them there could be no putrefaction.** Let it be distinctly understood, however, that the bacteria of putrefaction are not **necessarily** identical with the bacteria of disease. Each disease has its especial parasite, and cannot be produced by any other species. Hence it is that decaying matter may or may not contain disease-producing germs, most of which appear to require a special soil for its growth. The parasite which will flourish and multiply on a diet of **dead** blood will die at once on being introduced into **living** blood. Still these agents of corruption may cause endless trouble, and grave consequence when introduced in live blood in any quantity.

Experiments made under the most favorable circumstances demonstrate that many of the diseases of man are clearly traceable to bacterial origin. Among these may be mentioned, "**Malignant pestule,**" the parasite in which disorder consists of **minute rods**, which repeat their germination under favorable circumstances. **Consumption** has lately been added to the list of unquestionably bacterial origin. Here, also, the rod-shaped bacillus has been found to be the inseparable companion of the disease ; and which none of the animals experimented upon could withstand. **Relapsing Fever** is another disease definitely proved to owe its origin directly to the presence of bacteria. **Abscesses** also depend upon the same source. The entire class of **Contagious** diseases is reasonably suspected to be caused by bacteria, though positive proof of the fact may yet be

lacking. Many diseases not considered contagious, such as Bright's disease, Pneumonia, Myelitis, and others have long ago been found to be associated with parasites; why they are, and what part the parasite plays, is yet uncertain.

There is little or no doubt that disease-producing germs enter the body by way of the lungs; and the reason why all who are alike exposed are not alike affected may be found in the amount of resistance which each individual opposes to the attack of the invader. But why a person who has once had a contagious disease is not likely to be similarly afflicted a **second time** is still shrouded in mystery. If the cells have proved unable to withstand the parasitical ravages **once**, why should they resist a **second attack**? Such, however, is the **general** although not the **universal** fact.

The most patient and faithful experiments prove that each kind of disease-producing germ may be cultivated in an enfeebled form, and be transformed into **vaccine virus**; and we may therefore look forward to the time when it will be possible to vaccinate against all diseases in which one attack guarantees immunity against another. The most direct and immediate outcome of the **germ theory** is the ability which it will give us to act more intelligently in limiting the progress of contagious diseases. Knowing the nature of the poison emanating, and being familiar with the modes of its distribution through nature, we shall be able to prevent it from spreading to others, and thus spare them a personal struggle with the myriad hosts of the parasite.

This is the sum and substance of the **new**

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theory, as enunciated by M. Pasteur, and as taught by his followers in Europe and America. I need not refer to the difficulties which surround it, nor will I ask wherein it is superior to the present theory and practice in use among all intelligent physicians. We will only say, Gentlemen, go on; prove that every disease is caused by a particular parasite: bring these parasites fully within our reach; and then instruct us how to destroy them, without also destroying the human system on which they feed.

ELECTRICITY: GALVANIC OR VOLTAIC BELTS.

The action of electricity in the treatment of diseases, or as a therapeutic agent, is to a very great extent, at present, an unknown quantity. The term is derived from the Greek word "Amber," the substance in which it was first noticed. It is used in medicine as an excitant. It has been occasionally employed with some success in cases of partial or complete paralysis, rheumatism, accidental deafness, amenorrhœa, and other diseases of a like nature. It is, however, at best, uncertain, and is not much used except in experimenting, and the cases are by no means clear in which it could be of any possible service. It may be communicated in various ways, according to the wishes of the operator, but its action can never be depended upon with any degree of certainty; and very few of the regular physicians in this country count it in the armory of their weapons of warfare with the hosts of diseases which they are called upon to battle. It is a somewhat singular but unfortunate fact, that nearly all of the

many electrical appliances for the alleged cure of disease, with which the country is flooded, are coached and championed by a set of the most ignorant and unblushingly shameless quacks and charlatans that the sun ever shone upon. Men whose ignorance and effrontery would everlastingly disgrace the profession of a Mexican mule driver, and who, even in childhood, never possessed the faintest glimmerings of common sense, will boldly step out before the public, and proclaim cures by their electric belts and other appliances, that would bring a blush to the face of the angel who troubled the water of the pool of Bethesda, and lead him to the belief that he was merely a tyro in the healing art. There are hordes of these harpies in almost every city in the Union, who have become rich by their impositions upon the credulity of the suffering, and who have never given one particle of benefit for the many thousands of dollars which they have fleeced from the unwary and confiding.

Some two years since a friend of the writer having suffered for months with troubles which the Voltaic Belt was warranted to cure, he was induced to send to Marshall, Mich., and procure a belt. At the same time the writer, desiring to be able to judge something of the character of the alleged inventor of the belt, wrote him a letter, describing a bona-fide case, and asking his advice, in relation to the use of the "Voltaic Belt."

The following is the answer to the letter, verbatim et literatim. We preserve it as a literary curiosity:

DEAR SIR: Your favor of the 3d containing the letter of the Gent from Camden N. J. I have carefully look it over to see if it would be advisable to try to do

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anything for him he undoubtedly has a severe trouble with the spinal cord where he complains of the severe pain and it is hard to tell whether that is the locality of the lesion that would result so seriously to Paralyse the bladder as that organ is supplied with nerves from the spinal column as well as a branch from the newmogastric nerve and if the latter should be the seat of trouble it would require the application to be made down low on the abdomen I would say to him in all Candor that paralysis is the disease that electricity will most certainly reach and in his case I would suggest a Band a Spinal application also one something after the form of the chest protect only worn down low over the region of the bladder and he had best take ten or twelve drops of the Fluid Ext Nux Vomica three times after each meal and the Two together will I think Cure the worst case it is true the age of the patient is against him least the Gentleman should think that the advice be tinged with Quackery let him consult some other physician in regard to the advice I am not so well posted on the exact location of diseases of the nervous system so as to tell the affect on certain localities and my authors differ very much regarding it and our Professors are but Students as yet in regard to the nerves and the peculiarity They have on Certain diseases."

"Very Truly Yours."

"A. M. Dye."

Every thoroughbred chemist knows full well that all fluid extracts represent their full weight of the drug in its natural state: Thus, ten or twelve drops of the Fluid Ext. of Nux Vomica represent the same number of grains of the drug, "Strychnos Nux Vomica." And every intelligent physician knows full well that one-half of the dose recommended by this vandal in his letter, would kill the strongest man that ever inhabited this earth.

It is an easy matter to overlook the terrible

manner in which this barbarian has murdered and mangled the English language, for he may never have enjoyed any means of intellectual improvement: We may also pass unrebuked, his impositions on the public of an article so utterly worthless, as his "Voltaic Belt," as no one can be imposed upon in a matter of this kind, without his own consent. But when an ignoramus, without brains or conscience, with neither the fear of God nor man before his eyes, comes before the public, and assuming the title of "Doctor," prescribes a dose of the most active and virulent poison to an aged invalid, which would be sufficient to kill a horse, the sooner the country is informed of his murderous practices the better, that he may be avoided as he deserves.

Let every person who thinks he needs an Electric, Galvanic, or Voltaic Belt, or other electric apparatus, consult his family physician. In a word electricity like any other medical agent should only be applied, under the direction of a competent physician.

ABSCESS OF THE PHARYNX.

The pharynx serves as a common organ for the digestive and respiratory passages. It gives passage to the air in breathing; and to the food in swallowing. A mass of pus collects in the tissues back of the pharyngeal wall and

REMEDIES.

As soon as there is sufficient reason to believe that an abscess is forming, measures must be promptly taken to evacuate the pus. For this purpose, an opening may be made in the abscess which can be readily observed by an examination of the

forms an abscess.

Signs. — Restlessness; fever; chills; sleeplessness; and frequently in infants, convulsions; difficulty in swallowing; short breath; swelling of the neck; trembling under the jaw; pain upon any sudden motion of the head; and after the abscess breaks, as it sometimes does, and discharges into the throat, a constant desire to eject the pus from the throat, by what is termed **“hawking.”** Death sometimes follows from choking; or from the supply of air being cut off from the lungs; or from **“Suspended Animation,”** produced by the non-conversion of the venous blood of the lungs into arterial blood. **Asphyxia.** Blood poisoning may be feared.

back of the throat through the mouth. Remove all you can, and watch it carefully; gargle the throat with creosote two drops, glycerine two drams, and water half pint every hour or two. Or take carbolic acid two grains, tinct. arnica four drams; dilute camphor water eight ounces, mix, and shake well together, and use as a gargle every two hours. Take dextro-quinine one dram, hydrobromic (sol.) acid half fluid dram, syrup of ginger half fluid ounce, and three quarters of an ounce of water, give a dessert-spoonful four times a day. Give a good nourishing diet, with brandy; whiskey; milk punch; champagne; and general stimulants. Keep the patient's room well ventilated, and an even temperature.

Any of Dr. Melville's Remedies will be sent to vessels when ordered by mail, C. O. D.

ADDISON'S DISEASE:

Or "brown skin;" caused by a decaying of the red corpuscles of the blood; privation of blood; opposite condition of plethora.

Signs.—The patient finds himself gradually growing weak and debilitated without any sufficient reason; the heart's action becomes weak; faintness; palpitation of the heart; disturbance of the stomach; vomiting; alternate constipation and diarrhœa; prolonged spells of loss of sensation and power of motion; then a gradual browning of the skin of face, neck and hands, is observed; then in the groins, about the navel, and sexual organs; the color varies from a faint yellow to a very dark brown; although the patient loses his appetite there is rarely a visible loss of flesh; the mind sometimes becomes cloudy, and

REMEDIES.

These, if we hope for success, must be early, prompt, and energetic; active, vigorous exercise in the open air; change of scene and climate, to a higher level, and a more rarefied atmosphere; tepid or warm baths at first, gradually changing to cold, daily; perfect regularity of habits; early rising and early retiring; cheerful company and amusing books; **no tobacco**; no excitement. Give a full and generous diet; "Warner's Syrup of the Phosphates," dessert-spoonful three times a day; sesqui-chloride of iron fifteen drops two or three times a day; or ten grains of dextro-quinine with one twentieth of a grain of strychnia two times a day. Avoid fatigue; rest; in cases where change of climate is impracticable, daily use of the galvanic battery, from fifteen to twenty

sometimes remains perfectly lucid to the last; death ensues from general debility, commencing in extreme drowsiness.

ANEURISM.

By the term aneurism is generally understood a tumor caused by the enlargement of an artery. But it has been extended to various lesions of arteries, as well as to the dilations of the heart. **Signs**—Will depend materially upon the location of the tumor: if that be situated on the chief artery (aorta), very marked physical signs may be absent. But when located where it most frequently occurs it usually produces characteristic indications. Weakness; shortness of breath; disturbance of vision; vomiting very difficult of control; hic-cough; obstinate cough; pulse irregular and snappy; often in-

minutes at a time, twice a day, is recommended. Treat each condition as it develops itself.

REMEDIES.

Place the patient in a slightly darkened room with a moistened atmosphere of 60° F.; give him perfect rest both physical and mental; keep him in a recumbent position as much as possible; avoid everything which increases the action of the heart; give a full nutritious diet; juicy roast and broiled steaks and chops of beef and mutton; drink as little as possible of anything. Apply belladonna plasters over the seat of the pain; or ice-bags may be placed there, and, continued for some length of time, may neutralize the pain; give iodide of potassium ten grains to twenty twice a day; or hypophosphite, dessert-spoonful three times a

creasing to 110 per minute, and decreasing to 40; tongue of a dry, parched brown color; partial loss of voice; extreme fluctuation of the heart, and louder and more audible beating of that organ; gangrene; death.

ANGINA PECTORIS.

“Breast Pang;”
“Neuralgia of the Heart.”

This disease is generally inherited, though sometimes it is due to mental excitement; overtaxing of the powers; draughts of cold air; hysteria; acute mania. **Signs.**—Sudden pain in the region of the left breast and arm; sense of suffocation; extreme pallor; cold sweat; sense of binding about the heart; the pulse is small, fluttering and irregular, sometimes nearly ceasing entirely; tongue swollen, fur-

day. Some physicians restrict the diet to a small quantity of bread and milk, and a modicum of port wine. I have found a full generous diet much more beneficial. Do not give hypodermic injections, nor morphia in any form.

REMEDIES

Must be applied with the utmost promptness, or they will be too late. As soon as the attack makes its appearance, promptly use such stimulants as may be at hand; brandy; whiskey; ethereal tinctures of various kinds; digitalis, one drop in an ounce of water, divide into four parts and give one every five minutes; give “Fowler’s Solution of Arsenic,” commence with three or four drops as a dose and increase to ten, three times a day. Give iron and strychnia: five grains dialyzed iron and one-twentieth

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rowed, and of a dirty gray color; the heart's action is weak and vacillating. Death.	grain of strychnia three times a day for a month. Use no tobacco, and avoid excitement.
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REMEDY.

ALCOHOLISM.

(**Delirium Tremens.**)—Many seamen while on shore indulge in prolonged sprees of drinking and carousing, and then “ship to sober up.” Consequently, before they lose sight of land, delirium tremens appears. And Jack must be treated for it. The signs are: Restlessness, twitching of the muscles; dizziness; sudden flashes before the eyes; all sorts of strange and disordered imaginings; tongue dry and coated, at times, and frothing at others; pulse hard, quick and irregular; varying from 100 to 140 per minute; face flushed and head hot.

First, evacuate the bowels with a full dose of Melville's Magic Liver Powder. Then produce sleep by the use of bromide of potassium, in 25 grain doses four times a day, dissolved in a gill of water; or laudanum in 15 drop doses every three hours until sixty drops are taken. Produce sleep. Tincture capsicum (mild) in ten or fifteen drop doses in a wineglass full of water. Tincture foxglove, twenty drops in wineglass of water, every two hours until sleep.

All the “Melville Remedies” can be obtained at the office of F. C. Melville, Physician and Surgeon, No. 1620 Richmond street, Philadelphia, (take red car on Second and Third streets line,) and ships' medicine-chests will be filled with fresh medicines at short notice.

ASTHMA.

Signs.—Spasms of the muscles of the throat; short and hard breathing; “cog-wheel” or jerking inhalations; wildness of the eyes; pulse from 75 to 100 per minute; tongue generally coated with whitish fuzz; choking and wheezing.

NOTE.—One of the finest remedies known for Asthma, perhaps the very best, is the ethereal tincture of lobelia. It can be found, or prepared at any drug store; and is a very prompt and efficient remedy. I have succeeded with it when all other remedies have failed; and in fifteen minutes have restored cases which were thought to be fatal. Dose: Teaspoonful every fifteen minutes until vomiting is produced.

REMEDY.

Give mixture of tincture lobelia and goose oil in teaspoonful doses every twenty minutes until vomiting is produced. Inject under the skin in back of the neck $\frac{1}{16}$ grain sulphate of atropia. Drink but little at meal times. Diet light.

BARBER'S ITCH.

(Tetter.) (Salt Rheum.)

There are several varieties of this disease, some of which are exceedingly troublesome to subdue. The dry, scaly variety, which we sometimes contract in the barber's shop, and which exhibits itself in intense itching, stinging, and burning

REMEDY.

For simple “barber's itch,” wash the head and face well with warm water, into which put one dram of pulverized borax. Then apply the following salve: Unsalted butter four ounces; red oxide of mercury (red precipitate) three drams; Venice turpentine, one ounce. Mix well, and apply once a day. (War-

on the scalp, and among the whiskers and beard, if taken in time is easily managed. The pustulous, which appears in pustules and spreads over the person in the form of sores, is more serious, and the miliary appears on the breast and about the groins and scrotum. Corroding tetter, or salt rheum, is that watery species with which children are sometimes affected.

BITES.

See SNAKE-BITES and INSECT BITES, p. 112.

BILIOUS FEVER (Remittent.)

Signs. — Nausea; sickness at the stomach; vomiting; headache; dizziness; pains in all parts of the body; general languor; chills;

ranted to cure any tetter in the world.) For salt rheum: Open the bowels, purify the blood with tincts. of yellow dock root, yellow parilla, and syrup of sassafras, of each two ounces, iodide of potassium one and one-half dram, shake well together and take dessertspoonful four to six times a day. Frequent bathings as soon as the skin can bear it.

REMEDY.

Attention to ventilation; cool drinks; ice to the head: cold bath, and give full teaspoon of Melville's Liver Powder. After full operation, check vomiting with ice, creosote two drops in water; give ten grains quinine every two hours; give a nourishing diet and

All the "Melville Remedies" can be obtained at the office of F. C. Melville, Physician and Surgeon, No. 1620 Richmond street, Philadelphia, (take red car on Second and Third streets line,) and ships' medicine chests filled with fresh medicines at short notice.

hot stage; skin dry and burning; face flushed; intense pain in the back, loins and limbs; constant vomiting of stringy mucus, of a green tinge; tongue coated with coffee-colored fuzz; pulse from 75 to 140 per minute; lips parched; terrible and constant thirst, etc.

BILIOUSNESS.

Signs.—Yellow appearance of the skin, and whites of the eyes; pains in the back and loins; dizziness, particularly when stooping over; tongue coffee-colored; pulse increasing and irregular; urine highly colored with bile; jaundice appearance; and sometimes pain in one or both shoulders.

BILES OR BOILS—See
"SORES," p. 114.

BRAIN TROUBLES.

Signs.—Pain in head; sense of fullness;

plenty of stimulants, as milk-punch, port wine, cool lemonade with a little whiskey in it, etc.

REMEDY.

Give full dose of Melville's Magic Liver Powder, and repeat in three or four days. This in nine out of ten cases will produce a permanent cure. Stop drinking coffee and take a few doses before retiring for the night of Warner's Podophyllin Pills; two is a dose.

REMEDY.

Remove the cause if possible; raise the head and put ice to the temples; hot mustard foot bath, and open the bowels with full dose

heat or heaviness; swimming in the head; redness in face; loss of memory; drowsiness by day and wakefulness at night; deafness; twitching of the muscles; unsteady gait; all of which are increased after a full meal, and when lying down; disturbed sleep and terrifying dreams.

BOWEL COMPLAINT—
See DIARRHŒA and
DYSENTERY.

BRIGHT'S DISEASE (Renal abscess).

Signs.—(A whole volume could easily be written upon this subject, but only sufficient will be said to enable the reader to detect the disease.) A dull heavy pain in the regions of the kidneys and loins; difficulty of passing water; brick dust or slimy sediment after the water has stood a while; color of the urine dark, reddish, or

of Melville's Liver Powder; give a light vegetable diet; bromide of potassium in 25 grain doses in gill of water twice each day. In severe cases, absolute quiet; in others gentle exercise in open air and very light suppers.

REMEDIES.

Put six wet cups over the kidneys, and give ten drops of tincture of foxglove in a glass of warm water every two hours; hot bath three or four nights in succession; diet of milk; keep warm and stay under shelter until severe symptoms are past.

N. B.—I will furnish a remedy for this disease if applied to while in its first stages, which I will warrant in every

brown, and a great deal less of it than in health; a soft flabby swelling of the face and feet is generally noticed early in the disease; loss of appetite; sickness at the stomach; vomiting; headache and general disturbance of the mind; tongue coated; and pulse variable and unsteady.

BRONCHITIS.

Inflammation of the Glands of the Throat.

Signs. — Chilliness; pain in the back and in the feet and legs; headache; sore throat; slight hoarseness; tightness in the chest; short dry cough; sometimes streaked with blood; some fever; short breath, and occasional night sweats. The tongue is coated with brown matter and sometimes with gray; pulse alternating from 45 to 100 beats per minute. When the disease has

instance to produce a prompt and sure cure. It is not unpleasant to the taste, and harmonizes generally with most stomachs. A package which will last thirty days will be sent to any address for \$5.00 with full directions.

REMEDIES.

Always evacuate the bowels with a full dose of Melville's Magic Liver Powder. After operation, give ten grains of Dover's Powder at night; warm drink; or give fifteen grains of quinine in glass warm peppermint water. For children give syrup of lobelia and goose oil in teaspoonful doses until vomiting is produced. Nutritious diet, with some good tonic, as "Melville's Elixir of Life." Teaspoonful half hour before each meal. The chronic form requires

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existed for some time (become chronic) the discharges are often deep green in color, and very offensive to the smell.

BUBO.

There are several kinds of Bubo. With the sympathetic Bubo, we will not meddle in this article; but will confine our attention solely to the syphilitic species; that which arises from syphilitic or gonorrhœal disease.

Signs.—Swelling in the groin; sometimes on one side only, sometimes on both. Stiffness of the legs when walking; the swelling hard, and exhibiting the appearance of an approaching boil; great inflammation and increasing soreness; pulse quick and irregular, and tongue coated. After a day or two, continual throbbing is noticed in the parts.

careful protection from the weather; nutritious diet; no stimulation; counter irritation and hot baths.

REMEDY.

This is one of the worst and most difficult diseases to handle that ever comes under the observation of the physician, and the most prompt and energetic means must be used.

Paint with Iodine double strength; and a brisk cathartic, “Melville’s Liver Powder” if at hand; if not, some good cathartic pills. Repeat the iodine and cathartic until swelling subsides; then give iodide of potassium in ten grain doses (in $\frac{1}{2}$ gill of water) twice a day. Should this fail, poultice with flaxseed and slippery elm bark, draw to a head, lance on the under side and inject sulph. zinc two grains in $\frac{1}{2}$ pint of water.

BURNS AND SCALDS.

These may be contracted in an almost endless variety of ways; and may be more or less severe according to circumstances. But they must never be neglected; prompt and effectual remedies must at once be applied, and thereby a world of pain, suffering, and perhaps loss of valuable time may be avoided. If the skin is not broken, always try to avoid that result, as an exposure to the atmosphere always increases the pain in a tenfold ratio.

CALCULI.

(Stone in the Bladder.)

The pain caused by the passage of a stone along the water passage will be more or less severe according to its size. A colicky pain usually follows; then comes severe pain in the loins, thighs, and

REMEDIES.

The cook or steward of every vessel has always at hand a supply of bi-carbonate of soda or common baking soda; sprinkle this plentifully over the surface of the burned or scalded skin, and wrap in a damp towel or other cloth, to protect it from the air. Use "Melville's Burn and Scald Remedy," with which every medicine-chest should be supplied. In the absence of these, use flour and sweet oil, and wrap the burned part in raw cotton.

REMEDY.

First, give a smart purge and follow up with warm baths, hot as may be borne, or hot poultices to the loins. Give an injection by the anus of thirty drops of laudanum in half pint of tepid water. Fluid extract of hydrangea,

testicles, and into the bladder. The urine is scanty, sometimes streaked with blood, and sometimes stops altogether. Then follows thirst, sickness at stomach; vomiting; faintness; alternate chills and sweats. The urine when cold and "settled" shows a sediment very much like "brick-dust." In one word, this is the first stage of "Bright's disease" spoken of before.

CATARRH

(Of the Head.)

There are many kinds of Catarrh. We shall speak only of that of the head.

Signs.—When acute: tired feeling; chilliness; loss of appetite; disposition to sneeze; discharge from nose; ringing in ears; eyes watering; and possibly sore throat; later, discharge from nose fetid and stinks; offensive breath; person can

thirty drops in gill of water every three hours. Let the diet be of skimmed milk, stale bread and no stimulants. **No acids, as vinegar, pickles, etc. No fat meats, cheese, or other indigestibles.**

REMEDY.

This disease is easily subdued if taken in time. On its first appearance give twenty grains of quinine in stiff glass of **hot gin toddy**; follow with hot bath, hot as can be borne on going to bed. If this does not break it up, then give hot teas in large quantities; tincture aconite in quarter drop doses every hour for four hours; and ten or fif-

smell himself; finally, total destruction of the lining membrane of the nose; complete change of voice—and perhaps pulmonary consumption.

CHICKEN POX. (Varicella.)

Signs.—Headache and slight cough; after which in twenty-four or thirty-six hours appears a few bright red blotches or spots, about the size of a small five cent piece; they vary in size and are irregular in shape; after twenty-four hours they grow darker and form irregular circles; they appear generally upon the neck and shoulders, seldom upon the face. After the fifth day a scab forms, which is soft and crumbly; there are no pits or marks remaining after the disease is past, and many think it is not contagious. Few ever have it more than once.

teen grains of Dover's Powder at bedtime. Give a good nutritious diet, and no stimulants whatever. Avoid exposure, and keep warm.

REMEDY.

Remain alone for a few days. Open the bowels with some brisk cathartic, say Melville's Liver Powder, or the ordinary cathartic pills. If there is much fever, give drinks of fresh lemonade or citric acid, ten grains in four ounces of water, as often as the patient craves it. Above all things, do not allow the patient to scratch himself, as scars may be made which will require years to outgrow. Give a light nutritious diet, while the disease is in progress, and some good tonic during recovery. "Melville's Elixir of Life," or "Huxham's Tincture of Bark."

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CHILLS AND FEVER.

(Rigours.)

Fever and Ague, Malarial Fever; Malarial Polsoning.

Signs.—Chill stage: headache; languor; loss of appetite; cold sensation in limbs and creeping along the back; chattering of teeth; shivering of frame; fingers and lips blue; features pale and pinched; tongue clean, pale, moist and cool; severe thirst; pulse irregular and much increased. Fever stage: skin becomes hot and dry; face flushed; eyes sparkling; intense thirst; the pulse now becomes strong and full, and the tongue white; throbbing temple and sometimes delirium. Sweat breaks out; first on the forehead, then on the body; patient falls asleep and dreams he is well. But he is not.

REMEDY.

In the chill stage, put the patient in bed, and keep him well covered with blankets; give hot drinks and ten grains of Dover Powder at night and a cup of warm tea. If vomiting, give an emetic of three grains of sulph. zinc in half pint warm water. Give ten grains of quinine and one-third of a grain of morphia every twelve hours in a gill of water. Follow up the quinia treatment for several days after the acute symptoms cease.

N. B.—I will furnish a remedy which will be warranted to break up and utterly destroy the chills and fever for five dollars. In all cases, leave the malarial district as soon as possible.

Any of Dr. Melville's Remedies will be sent to vessels when ordered by mail, C. O. D.

CHOLERA,

(Asiatic.)

(There are many kinds of cholera. We shall only notice three, Asiatic Cholera, Cholera Morbus and Cholera Infantum.) Asiatic Cholera: Signs.—This disease generally commences with diarrhœa and griping pains; trembling; chilliness; great feebleness; pale and languid expression of the face, and soreness of the bowels; constant purging; discharges color of rice-water; cramps and vomiting; tongue white, puttyish and cold; pulse feeble and irregular, and in very bad cases, none at all perceptible; cold sweats; clouded vision; increasing cramps; anxiety; apathy; stupor deep delirious sleep; and unless arrested here, death.

N. B. — “Melville’s Cholera Cure” furnished on order.

REMEDY.

When in an infected port, or during the prevalence of this disease, the strictest sanitary measures must be adopted. Cleanliness and free ventilation, and particularly the instant removal of the patient’s stools, must be enforced. Don’t get frightened. The earliest attack of diarrhœa must be promptly attended to; for curative measures must be prompt to be successful. If possible place the patient in a hot bath, and give of camphor dissolved in strong alcohol or brandy until it will dissolve no longer; a teaspoonful every twenty minutes until a reaction is produced. This course succeeded in 983 cases in the cholera hospital at Leipsic and failed in 17 out of 1,000.

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NOTE.—On the 4th of July, 1853, the writer gave to the lumber camp on Brewer river, near Bangor, Maine, the following prescription for cholera or summer complaint. I obtained it from Dr. Paul Goddard of this city, whom I have no doubt is the author of it, and I think it had then never appeared in print. It has since that time ran the rounds of the newspapers, with a slight but useless variation, as the "Sun's Cholera Remedy." The rhubarb in this connection may be omitted: Take tincture of opium, tincture of capsicum, tincture of camphor, essence of peppermint and sulphuric ether in equal parts. Mix and shake well together. Dose: Fifteen to thirty drops in a wine-glassful of water every twenty minutes or half hour until the pain subsides.

CHOLERA

(Infantum.)

(You sometimes have children on board, and in cases of "summer complaint" should know how to treat it.)

Signs.—Restlessness; peevishness; feverishness and occasional diarrhœa; discharges of a greenish hue and watery; sometimes vomiting; eyes sunken, half-closed; half-open mouth; dry, cracking lips; unnatural redness and rash around the bottom and sexual

REMEDY.

Put ice in the patient's mouth if old enough to hold it there, and apply hot cloths to the bowels; don't nurse the child oftener than every four hours. If fed with bottle mix one-third lime-water with the milk. Give wine-whey; finely chopped meat. Sponge the entire person with water at blood-heat, (100° F.) if there is fever, and gradually cool to 80°; continue this for ten minutes at a time, and three or four times a

<p>organs; dulness of mind; and sometimes convulsions. At first no fever; then fever varying (more, sometimes less); increasing heat, from 100 to 110° F. Pulse rapid and feeble, from 130 to 160; breath short, and disposition to delirious sleep, and death ensues from stagnation of blood.</p>	<p>day. Give 20 to 30 drops of brandy in tablespoonful of cold water every three hours. To a child a year old give one-half teaspoonful Melville's Elixir of Life every three or four hours. Remove the child to a different atmosphere soon as possible. Use turpentine drafts on stomach, and injections of starch and laudanum.</p>
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NOTE.—Cholera infantum. (Practical hints regarding the care of children in hot weather.) “Cholera infantum,” says Dr. J. F. Isom, “is as much like Asiatic cholera as it is possible to imagine. It is caused principally by extreme heat. When the temperature at night ranges from seventy degrees upward, many cases of the disease may be expected, but if the nights are cool there is not so much danger, no matter how hot the days. During the day, let the weather be ever so warm, a child will not be so much affected by the heat as while sleeping, and for this reason the warm nights cause most of the trouble. Extreme heat in a child's body will arrest the process of digestion; diarrhœa ensues, and if this is not checked it will eventually run into cholera infantum. The disease is sometimes rapid in its action, the little sufferer dying within a few hours after being attacked, while in other cases a child may be sick for weeks with summer complaint before cholera infantum ensues. The discharge in case of summer complaint is filled with particles of curdled milk, which cannot be digested; but in the last stages of cholera infantum the discharge is clear and colorless,

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like rice-water, and is filled with albumen. The discharge is nothing but the watery portion of the blood which leaks through the intestines. Many children died just as if they had bled to death, but in most cases of cholera infantum the patients are seized with cramps and spasms, dying in great agony. Teething children are more apt than others to be afflicted with this disease, for the reason that the nervous system is in a constant state of irritation, and the reflex nervous action generally affects the stomach first.

"Yes," continued the doctor, "in the great majority of cases children die from neglect; not that parents do not try to save their lives, but because they do not know how to take care of the little ones. During the warm months the babies should be kept as quiet as possible. During the day it is a good idea to give them plenty of fresh air. They should be permitted to stay out of doors in the shade all day, and before they are put to bed at night a cool bath would reduce their temperature and fit them for a good night's sleep. Mothers who nurse children should avoid heating their blood, and the bottle from which youngsters drink should be scalded daily and kept perfectly clear of sour milk. No child suffering from diarrhœa should be permitted to go a day without medical attention. These directions, if followed, together with a proper attention to dress, will doubtless save the life of many an infant."

CHOLERA MOR- BUS.

(English or Summer Cholera.)

Signs.—Sets in suddenly; uneasiness of bowels; sickness at stomach; diarrhœa, and sometimes vomiting; thin, liquid stools;

REMEDY.

Give three or four two grain pills of blue mass U. S. D., followed by full dose castor oil. In severe cases, mustard plasters may be applied to the bowels until redness is produced. Abstain from all

chills; malaria; skin cold and covered with clammy sweat; tongue cold and coated; exhaustion; restlessness; anxiety, and intense thirst. Pulse increased in number, but feeble in force; smaller flow of urine; cramps, particularly under the knee, and in the calf of the leg; and in severe cases, a complete prostration of the entire system; gradually passing into a fever of the typhoid character, and continuing for ten or fifteen days.

drinks. Put one-quarter grain of morphia sulph. dry on the tongue and swallow. (In all bowel complaints, **boil the water before drinking**; always bear this in mind, as it is of **vast importance**.) Give three or four drops of dilute sulphuric acid in ten drops of laudanum, every three or four hours, in tablespoonful of weak camphor water. If there is vomiting, give carbolic acid, and sub. nitrate of bismuth, of each one-half grain in little water every hour; also, injections of starch and laudanum.

NOTE.—The etiology of cholera, in so far as relates to its influence in this country, does not admit of much doubt. The infection must be actually imported into our midst. It has never yet been imported except through human agency, and the poison appears to be all but, if not entirely, limited to the discharges from the bowels and to the matter vomited by the patients. Where these go, the poison goes; hence sewers and drains receiving them tend to become channels for conveying the disease; soil fouled by them may, by leading to the pollution of well and other waters, as also by aerial emanations, favor its diffusion; and, to a less

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extent probably, the bed linen and personal clothing of the sick may become vehicles of infection. In all essential respects the disease appears to spread under much the same conditions as favor the spread of enteric or typhoid fever, and, like that disease, it has in this country mainly been associated with the use of water supplies, which have been subjected to the risk of receiving the specific infection. What that infection consists in is not yet known, but judging from analogy it is a definite organism capable of reproducing its own kind under those conditions of filth which we have adverted to as being associated with the spread of the disease. In the case of anthrax, which causes the so-called wool-sorter's disease in man, and in the case of relapsing or famine fever, the microscope has succeeded in showing the organisms which lead to the production of those specific affections; but in the case of cholera no such results have as yet been attained, and this, notwithstanding the laborious microscopic and other researches which have been made in India and elsewhere.

NOTE.—CHOLERA AND BIRDS.—If any faith is to be attached to a statement just communicated to us from Egypt a rather new light will have been thrown upon the question how cholera is propagated from place to place in an infected country. An Englishman, writing from Zagaziz, where he has been residing for some time, announces his intention of remaining there as long as the swallows and sparrows do not take their departure. It has, he adds, been ascertained beyond a doubt by the experience of previous epidemics, that as soon as the cholera is on the eve of establishing itself in any place these birds, as well as probably many others, flee from the impending evil. Now, if the germs of disease, or of that which causes the disease, are wafted along like a blight, filling the whole atmosphere, making their presence felt at once by the denizens of the air, we have a confirmation of the theory that cordons and quarantines, however strict, cannot be relied upon as a guarantee. Moreover, as any blight or

vitiation of the atmosphere of such a kind could hardly move, except by the aid of the wind, it would become almost certain that places to the windward of an infected centre might be saved from the epidemic until the wind changed. Any way, the theory may be worth attention.

NOTE.—Among the precautions against cholera it is suggested that, as workers in copper in Hungary and those engaged in the manufacture of brass and copper articles elsewhere never seem to catch it, a thin disk of pure copper about two and one-half inches in diameter should be worn next the skin, over the pit of the stomach, and suspended from the neck by a tape.

COLIC.

(Intestinal.)

Signs.—A griping pain usually in the region of the navel, occurs in spells of greater or less severity, sometimes producing the most intense agony; wind is heard and felt in the bowels, and there is generally a strong desire to have an operation; but the effort is unsuccessful. Wind escapes and finally large evacuations produce partial if not perfect relief. The pain may continue with increasing intensity; or at intervals the patient may be entirely free from it.

REMEDY.

In a large proportion of cases of colic, the disease readily yields to the simplest remedies. A brisk purge, or a teaspoonful of common salt in a glass of hot milk or water swallowed at one draught, will give immediate relief; cloths wrung out in hot whiskey, vinegar, or water; hot salt-bags and bags of sand, baked in an oven, are excellent in such cases. Hot whiskey and ginger, or peppermint; or a dose of paregoric, teaspoonful for person ten years old, or two teaspoon-

There is little or no fever with it; tongue may be perfectly clean and pulse natural.

CONSTIPATION.

(Habitual.)

The signs of this disease everybody knows. It is simply going for days without an operation of the bowels. Its consequences are, loss of appetite; headache; sleeplessness; low-spirits; melancholia; troublesome dreams; nightemissions of seminal fluid; constant foreboding of evil; fretfulness; loss of temper; loss of memory; loss of mental and physical energy; general aversion to any exertion; cold feet; depressed circulation; general don't-care-a-dammativeness; blood poisoning; and finally death.

fuls for an adult. After it is over, keep the bowels open daily.

REMEDY.

Don't try to cure it with pills, powders, boluses or injections; neither will accomplish the desired result. Eat a vegetable and fruit diet; take daily exercise in the open air; and keep regular hours. The diet may consist of stewed apples, peaches or prunes; coarse stale bread, oat meal, and very rare beef, mutton, veal, and chicken; no salt meats, pork, ham, nor cheese. Take warm baths daily, and rub the skin with a coarse towel, after each, until a bright glow appears on the surface. Take your meals regularly at a stated time each. And above all obey the calls of nature promptly.

All the "Melville Remedies" may be obtained at the office of F. C. Melville, Physician and Surgeon, No. 1620 Richmond street, Philadelphia, and will be forwarded by express C. O. D. to any address in the United States.

CONVULSIONS, (Or Fits.)

These often occur suddenly both in children and in adults. In children during the period of dentition or teething mostly, and in adults at any or all times. **Signs.**—Sudden loss of consciousness; pallor; eyes staring; fixed pupils; spasmodic movement of the body; rigidity of the muscles; vertigo; loss of speech; tingling pain; a strange ringing noise in the ear precedes the attack. The head is drawn to one side; teeth clinched; eye-balls turned up; face pale; pulse feeble or entirely suspended; heart throbs wildly; tongue coated with brown or yellow mucus.

CRAMPS.

Signs.—Fatigue; exhaustion; trembling; nervousness; spasms;

See advertisement on page 219, this book.

REMEDY.

Prevent the patient from injuring himself during the attack. In case of children teething, lance the gum slightly with a common penknife; and give a gentle laxative. In adults, give free play to the air by unbuttoning the vest and shirt collar; remove all pressure from the breast; let him sleep after the attack; give five grains oxide of zinc per day, dissolve in half pint of water, and give one-third one hour after each meal. Infusion of foxglove; opium; give one-fifth of a grain of belladonna each day for a month; then increase dose gradually as patient is able to bear it.

REMEDY.

Perfect and long-continued rest. Counter-irritant, (Melville's;)

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contraction of muscles ; neuralgia ; prickling feeling in all parts of the body ; jumping ; rigidity.

COW POX.

(**Kine Pox, Vaccinia or Varioloid.**)

Result of vaccination. **Signs.**—In two to five days after vaccination a reddish, hard swelling appears where the virus was put in, accompanied by itching and stinging ; the circle around it appears on eighth or ninth day, and continues to enlarge until it reaches the size of an old copper cent. Heat ; itching ; stiffness of muscles ; little or no fever ; sometimes a rash will appear ; pulse slightly increased.

CROUP.

(**Laryngitis, Cyanache, Trachealis.**)

• (This disease occurs in adults, as the effect

hot baths ; electricity when possible. Regulate bowels with Melville's Liver Powder, exercise in open air.

REMEDY.

Protect the sore from injury, and be careful not to allow the scab to be scratched or knocked off ; give gentle laxative, and keep the patient from exposure. A light nutritious diet, bread, milk, fruit, fresh beef and mutton, vegetable soup and fresh fish, may all be taken. Keep the room **well-ventilated**, and watch for after claps, particularly in young patients. If any appear, circumstances must govern their treatment.

REMEDY.

Immediate confinement in bed in a warm well-ventilated room. If possible have the air charged with steam by

of wounds, the inhalation of steam, or hot air, or from any sudden injury to the lungs or throat. In children, it is the result of sudden cold, a companion and follower of measles, scarlatina, small pox and other causes.)

Signs. - Inflammation of throat; hoarse cough; huskiness of voice; fever; restlessness; thirst; difficulty of breathing; voice or cry of infants reduced to a husky whisper; water of a pale milky or chalky appearance; pulse increased from ten to fifteen beats per minute more than is natural; general convulsions; death.

CUTANEOUS

(Skin) DISEASES.

These are numerous and varied. They are always attributable to an impoverished and impure state of the blood; and give the countenance a very un-

a basin of water on the stove; give tinct. lobelia and goose-grease (in equal parts,) teaspoonful every fifteen minutes until full vomiting is produced. Avoid the use of alum. Give full dose of calomel (ten grains for an adult) at the beginning of the attack, and alcoholic drinks, (milk punch, hot brandy or whiskey toddy). Paint the throat with iodine; poultice the neck with flaxseed and slippery elm bark, and after the attack is subdued give a good tonic and generous diet.

REMEDY.

(When it is understood that there are 29,874,610 pores in the skin of every adult living, and that one-quarter of all the food we eat and drink passes through these

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sightly aspect. Whenever you observe a rough and repulsive skin, you always form an unfavorable opinion of its possessor. It is not always fair. **Signs.**—Redness; roughness; pimples; blotches; watery eyes; itching; stinging; constant desire to rub and scratch; pulse at times feeble and slow, at others strong and flurried; tongue coated with brown mucus; always a bad taste in the mouth; alternate flashes of heat and chilliness, etc.

DELIRIUM TREMENS.

See ALCOHOLISM, p. 22.

DEBILITY, (General.)

Signs.—A feeling of fatigue after any (even the slightest) exertion; general tired-

pores in the form of insensible perspiration; the importance of keeping the skin in a healthy condition will at once be apparent). In order to do this, take daily gentle exercise in the open air. Horse-back riding; cold baths in the morning during the summer; swimming in summer; skating in winter; and sponge baths in winter. Should you find yourself becoming a victim of skin disease, take a brisk cathartic, follow by syrup of stillingia, desertspoonful three times a day. After two weeks add iodide of potassium two drams to pint stillingia.

REMEDY.

If possible take a good long rest, dismiss all your cares, read cheerful books, and talk with sensible and agreeable people. When others introduce

<p>ness; loss of appetite; wakefulness; no ambition; pains in back and loins; cramps in lower limbs; disposition to sigh; constant forebodings of evils which never come; slight headache; dimness of vision; ringing sound in the ears; particularly that sound which the superstitious denominate "death-knell;" loss of memory; thirst (unnatural); nervousness; fright; in the midst of a narrative forgetting what you are talking about; dry and parched tongue; chapped lips; and pulse feeble and hesitating.</p>	<p>gloomy subjects, tell them to go to the deep deep sea. Take Melville's "Elixir of Life," dessertspoonful half hour before each meal; let your meals be light, at first, consisting of bread and milk, fruits, well-cooked vegetables, and very little meat, plenty of rice. As your system begins to acquire its natural tone, increase the strength of your diet as appetite demands; good nutritious soups, rare steaks and chops, broiled, and keep up your Elixir of Life until your appetite is like a crosscut saw.</p>
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NOTE.—Dr. Robert D'Unger claims to have discovered the following cure for drunkenness. Mr. Joseph Medill, editor of the *Chicago Tribune*, is a strong indorser of the remedy, and has devoted many editorials to further its general circulation among a class of unfortunates who cannot say "no" when asked to drink. It is claimed that Dr. D'Unger has cured 28,000 persons of the worst form of intemperance by this method of treatment, and that this is the first remedy ever discovered which kills the disease and the inclination to drink at the same time:

Take one pound of the best, fresh, quill-red Peruvian bark, powder it and soak it in two pints of diluted

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alcohol. Afterwards strain and evaporate it down to half a pint. Dose: A teaspoonful every three hours the first and second day, and occasionally moisten the tongue between the doses. It acts like quinine, and the patient can tell by a headache if he or she is getting too much. The third day take as previously, but reduce to one-half teaspoonful. Afterward reduce the dose to fifteen drops, and then down to ten and then to five drops. To make a cure it takes from five to fifteen days, and in extreme cases thirty days. Seven days is the average to effect a cure.

DIABETES.

(Polymia.)

(The passage of superabundance of water.)

The attack may be sudden or gradual.

Signs.--Excessive flow of water; great thirst; loss of flesh; weakness; chilliness; dryness of the mouth and skin; increase of appetite; frequent pain and uneasiness in the stomach; sometimes diarrhœa and vomiting; the urine is thin and watery; is unnatural, and is from one-eighth to one-twelfth lighter in weight than when healthy; death rarely results from this disease alone, but there

REMEDY.

For the first five days after this disease makes its appearance, give opium, commencing with two grains at a time, three times a day, and increasing gradually to five grains. Then give tincture valerian half dram at a time, three times a day, and increase the dose gradually until two drams are taken at a time; or give valerianate of zinc in one grain doses, and increase as the stomach will bear it; camphor, bromide of potassium, arsenic, iron, belladonna, nitric acid dilute. Apply galvanic

are endless complications produced by it. Death is sometimes preceded by wasting, loss of appetite, indigestion and dyspepsia.

DIARRHŒA.

(Looseness of the Bowels.)

The causes of diarrhœa are different in different persons. In some cases, change of water will produce it, while in others the character of the water produces no effect upon the bowels. Certain kinds of food will produce it in one, while another may eat any kind of food with impunity. Hunger is sometimes a cause, and it often occurs directly after a full meal. It often occurs from excessive use of alcohol or tobacco, or after an attack of dysentery. It sometimes is produced by excessive sexual intercourse, after long absence at sea.

battery to neck and spine; attend to general health; eat and drink what the stomach craves.

REMEDY.

At sea, always boil your water before drinking. If you are without "Melville's Diarrhœa Remedy," (which is warranted to cure 99 out of every 100 cases,) a very good plan is to give five to eight grains of blue mass, combined with ten grains of powdered rhubarb. After this has operated well, give syrup of poppies in half dram doses three or four times a day, or tincture opium (laudanum) fifteen drops at a time, until sixty drops are taken. Tea made of running blackberry root may be drank freely, or of red raspberry leaves, opium, subnitrate of bismuth, etc. Diet: Arrow-root, boiled milk; no alcohol.

DIPHTHERIA.**(Malignant Sore Throat.)**

This disease is gradual in its approach. It commences with depression of spirits; languor, weakness; malaria; chilliness; loss of appetite; sickness at stomach; vomiting; diarrhoea; headache; drowsiness; decided fever; ringing in the ears; and slight sore throat. The tongue is covered with a thick white coat. These signs establish the presence of the disease. The tonsils are swollen; breath offensive; sometimes ulceration; hoarse, croupy cough. The urine is feverish, and sometimes contains blood. The theories of the causes of this disease are almost as numerous as the authors who have written upon it.

REMEDY.

Put the patient in a room by himself. Keep the temperature at 68° or 70° F. (Keep steam in the room.) Cleanliness; ventilation; disinfection; give a nutritious diet; plenty of milk with lime water and beef tea; cool drinks; ice sucked freely; egg nog, made with whiskey or brandy; citrate of potassium, one dram to a pint of water, to be drank freely; quinine in doses of ten to twenty grains two or three times a day; gargle the throat with hot water every half hour; blow sulphur with a goosequill barrel, or small syringe, down the throat every hour or two. This is said to be a sure cure for this disease.

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DROPSY.

(Ascites; Abdominal Dropsy.)

Signs.—Commencement gradual and unsuspected; an accumulation of water; palpitation of heart; fulness and rounding of the belly; navel is forced out; impeded breathing; interruption of the heart's action; diminished discharge of urine; constipation; loss of appetite; swelling of the genital organs; shining appearance of the skin; enlargement of the veins; obstruction of circulation; short breath; swollen glands; various noises in the bowels, loud enough to be heard ten feet from the patient. Occurs most generally in middle life among men.

REMEDY.

If an attack is apprehended it may be averted by two or three cups of hot coffee; a glass of hot and strong whiskey, or brandy; or twenty to twenty-five grains of quinine; vapor of ether; chloroform; inhale the smoke of belladonna leaves; stramonium; poppy with nitre; during the interval, avoid exciting causes; use light, easily digested diet; avoid sugar and milk, and use little water or other drinks at meal-times; quinia, arsenic, and belladonna must be given for some time; or iodide of potassium, two drams in four ounces of water, a tablespoonful four times a day; change of air and climate is always good.

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DYSENTERY.**(Flux. Bloody
Flux.)**

Signs.—When epidemic, comes on suddenly; in other cases is preceded by catarrh in the bowels; diarrhœa may or may not precede; chilliness, followed by fever; malaria; remittent fever; colicky pains; often the discharges of mucus are tinged with blood; great exhaustion; sometimes the mucous discharge changes to a putrid fluid; loss of appetite; sickness at stomach and bilious vomiting, in severe cases; flow of urine scanty and high colored; tongue coated; pulse light, quick and feeble; hands and feet cold; voice husky; heart beats feebly.

REMEDY.

Put the patient in bed in a moderately warmed room; give opium in half grain doses, or laudanum in fifteen drop doses; diet of three-quarters milk and one-quarter lime water; open the bowels with "Melville's Liver Powder;" or castor oil one ounce, and laudanum twenty drops; "Fowler's solution" one drop with five drops of tincture opium every three hours; after quiet has been obtained by the opium treatment, inject by rectum an ounce of starch, in which one-quarter grain of morphia has been well stirred; use hot cloths with vinegar, whiskey, or even water if the others cannot be had. If relapse occurs, stimulate; give brandy or whiskey in beef tea; keep the patient and his bed clean, and well aired. Tonics during recovery.

DYSPEPSIA.**(Indigestion.)**

Signs.—Weight and uneasiness in the stomach after meals; (is not often felt while eating.) Crowding feeling in the gullet; belching; windy eructations; sense of oppression in the chest; wind colic; rumbling in the bowels; constipation; poor appetite; slight thirst; tongue swollen, pale and flabby; mucous lining of the mouth loses its natural bright red color; gums become soft and spongy; tonsils swollen; depression of spirits; urine pale, and charged with lime and other deposits; pulse weak, irregular, excitable, and palpitates on the slightest exertion.

Epilepsy.—**FALLING SICKNESS.**—See **FITS; CONVULSIONS,** page 41.

Eruptions.—**SKIN DISEASES.**—See **CUTANEOUS,** page 43.

REMEDY.

Where it can be done, stop all animal food; use Wm. R. Warner & Co's. "Syrup of the Phosphates;" with a milk diet; gradually add fruits in their season, and well-cooked vegetables. For medicine, Warner's "Ingluven" has no equal, (take as directed;) tepid baths in the morning; and sponge baths before retiring; gentle exercise daily in the open air; as walking, sailing, rowing, riding on horseback, carriage riding, etc. As the strength of the stomach increases, add to the diet good tender beef-steaks broiled rare, mutton, veal, and game in their season; and take a quantity of good Rhenish wine with your meals. **USE NO TOBACCO.**

ERYSIPELAS.**(St. Anthony's
Fire.)**

This is a disease supposed by some physicians to be hereditary, or constitutional; but we have no positive proof of it. It often comes from infection; contagion; child-bed fever; hospital gangrene; errors in diet; and other causes.

Signs.—Intense inflammation; malaria; pains in the limbs; vomiting; loss of appetite; sore throat; headache; restlessness; fever; shivering; these signs may last for days, and be followed by great heat and irritation; stinging and smarting; a livid redness; and swelling, and ulceration.

EYES,**(Inflammation of.)****(Ophthalmia.)**

Weak and sore eyes are so common as to be understood by almost

REMEDY.

Keep the bowels open; give tincture aconite root, five drops in a cup of warm tea, three times a day while the fever lasts; then apply a poultice of crushed cranberries; bathe the affected part with a solution of sugar of lead water and laudanum: (dissolve ten grains of sugar of lead in two ounces of water, and add twenty drops of laudanum;) use every hour; paint the circle around the affected part with tincture of iodine. In cases of great pain bathe with laudanum and bella-donna, equal parts; keep the patient away from the wounded, and women in child-bed.

REMEDY.

Remove the cause of inflammation, and bathe the lids with warm milk and water; tea is also very useful;

everybody. Inflammation is caused by the presence of foreign substance; by the sun's reflection on the water; by straining of the optic nerve; by what is known as "wild hairs;" cold settling in the eyes; determination of blood to the head; scrofulous or syphilitic state of the blood; and in children from measles; scarlatina; and whooping cough. In some cases the lids only will be affected. The edges become very much inflamed, sometimes are turned out and ulcerate.

FEVER.

(Typhus, Ship Fever, Camp Fever.)

Of fevers there are many varieties; a general treatment is applicable to them all: First stage: Four days to two weeks; general uneasiness; headache; chilliness; loss of appetite. Second stage: In

in severe cases poultices may be applied, or a fly-blister behind the ear. Soak the feet in mustard water, hot as can be borne, and apply cooling lotions or ice to the head; wilted stramonium leaves over the eyes; sugar of lead and sulphate of zinc, of each half dram; common salt and white sugar, of each a dram; rain water half pint, let stand two days, shake and filter; an excellent eye water. A brisk cathartic will generally assist wonderfully in removing inflammation.

REMEDY.

Fresh air in patient's room, which must be kept clean and disinfected with chloride of lime or carbolic acid; light nutritious diet; milk; beef-tea; chicken or mutton broths regularly night and day. Stimulants; wines in small and increasing quantities; cold sponge

crease of both heat and chill; prostration of system; pains and trembling in limbs; throbbing headache; giddiness, with partial loss of hearing; drowsiness; delirium; tongue coated with thick white fur; pulse increased to 120 or 140. Third stage: At first reddish appearance of skin, then little red dots; mulberry rash; headache stops tenth day; danger if continues longer; sleepiness; stupor; pulse increases to 160; heart feeble.

YELLOW FEVER.

(Black Vomit,
"Yellow Jack.")

Signs—Are various under different conditions; pulse full and strong, 100 to 120; face flushed; eyes red; anxious expression; hot, dry and harsh skin; tongue covered with white fur, and moist at tip and edges;

baths twice a day; open the bowels with "Melville's Liver Powder," or citrate of magnesia. For drinks give cold lemonade; cream tartar water; chlorate of potassium; tea and coffee; quinine in fifteen or twenty grain doses, twice a day; sesqui-chloride of iron twenty-five drops in water three times a day. Watch the urine daily, and treat the various symptoms as they arise. Watch the recovery. **No exertion nor over-indulgence must be allowed.**

REMEDY.

On entering a foreign or infected port, put your vessel in a perfect state of disinfection and ventilation; see that your men have fresh and wholesome food, bathe every day, and change their under clothing twice or three times a week. Yellow fever never occurs at an elevation of 500 feet

sore throat; thirst; burning in the stomach; violent retching and vomiting; discharges of a bilious character, and often streaked with blood; urine diminished; severe pains shooting through the forehead, eyes and temples; terrible pains in the back, and cramps in calves of the legs. Remission state: lasts from two to twenty-four hours; patient improved. Collapse or secondary fever: skin grows yellow; hemorrhage in bad cases. Black vomit; death.

above the sea level. If it comes, put the patient in bed and give quinine and calomel, ten grains each at first, continue the quinine in fifteen grain doses all through. For vomiting, lime water and milk in equal parts. Liquid food in moderate quantities; small quantities of whiskey, brandy or wine in large drafts of water; mustard plasters over sore places. Recovery after "black vomit" is common. Not so after suppression of urine.

NOTE.—A correspondent of the *New York Sun* writes as follows: The yellow fever is found to consist of a few ounces of foreign matter in the blood, which can never escape but through the glands of the skin. Let the patient place his feet in hot water and wrap himself in blankets, and commence drinking two or three quarts of water in the form of light black tea, as hot as he can bear; the oxygen of the water soon restores the full power of his nerves, the water dilutes the blood, and the great heat expands the smaller blood-vessels, so that the restored nervous power can drive the blood to the surface, where the glands secrete the foreign matter which forms the fever and expels it in two or three hours, and can never fail to do so. This is

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the prescription that killed the yellow fever in the Mississippi Valley the last two years, and this year in Havana.

FEVER, HAY.

(Hay Asthma, Rose-cold, Autumn Catarrh.)

Signs.—Itching of eyelids and swelling of lining membranes of the lids; watering of the eyes; aversion to the light; tumors and watery discharges from the nostrils; violent sneezing; irritation of the throat; soreness of the palate; more or less cough of an asthmatic character. These signs appear suddenly, and are generally soon past. There are many persons to whom this disease has more terrors than any other form of fever in the whole category. To those persons I would say most respectfully that the most effectual remedy yet discovered is complete change of climate. **Get up and leave.**

REMEDY.

Take small and regular doses of quinia, say two or three grains three times a day, during the whole course of the disease. "Fowler's Solution of Arsenic" in ten drop doses has been found useful. Iodide of potassium fifteen grains every six hours; sulphate of morphia one-eighth of a grain, and one-two-hundredth of a grain of atropia at night; stimulant if habitual with the patient; open the bowels daily; wear flannel next the skin; for the cough narcotics and stimulants. Use a full, nourishing diet, and if "Melville's Elixir of Life" can be obtained, take it as directed; if not, some other good tonic.

**FEVER, RELAPS-
ING.****(Famine Fever, Bilious Typhoid.)**

Signs.—Comes on suddenly; chills, ague and great weakness; throbbing pain in the head; giddiness; terrible pains in back and limbs; hot, dry skin; flushed face; excessive and continuous thirst; shivering; retching and vomiting; (discharges yellowish, greenish or black;) loss of appetite; moist tongue, with white or yellowish coating; sore throat; jaundice; pulse rapid, often rises to 160, weak and irregular; sometimes delirium; symptoms more severe, fifth to seventh day; diarrhoea and vomiting. Relapse comes with no warning signs, and ends as the first attack; limbs cold and purple; pulse more feeble; water stops.

REMEDY.

Put the patient alone in a well-ventilated room; give a gentle laxative; don't purge; rest in bed; plenty of pure water, which has been boiled, to drink; watch the urine; give one dram of nitre in a pint of water; let him drink freely; cold or tepid sponging; ice if vomiting; carbolic acid half grain in half pint of cherry laurel water for sickness at stomach; diet light and nutritious; milk; stimulants. In children and aged persons, if great debility is present, a good tonic and syrup of the phosphates is recommended. Meet symptoms as they arise, and try to prevent the relapse. Keep the patient in bed and give quinine, five grain doses.

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FLUX. (BLOODY
FLUX, DUCENTURIA)

—See DYSENTERY, p.

50.

GASTRALIA.

(Neuralgia of the
Stomach.)

Signs.—Severe pains in the stomach, darting in all directions, which cease when pressed; pulse small, rapid, weak or vacillating; skin cold and covered with cold sweat; features pale and shrunken; heart's action disturbed; belching of wind; vomiting; pain in the side; (sometimes) sense of soreness near the navel; nervousness; violent beating of the heart; headache; melancholy; all sorts of imaginings of evil to come. In one word, universal and double-distilled wretchedness long drawn out.

REMEDY.

While the spell is on, give one-quarter grain of morphia dry on the tongue every eight hours; tincture iodine and carbolic acid, equal parts, one drop in water every hour; bismuth, one scruple three times a day; "Fowler's Solution" one drop, and laudanum two drops, every six hours; cold poultices or mustard-plasters on the stomach. If due to indigestible food, give large draughts of lukewarm water to produce vomiting; muriatic acid dilute and tincture nuxvomica in equal parts, five to ten drops at a time, three or four times a day; milk diet, give food often and in small quantities.

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**GASTRITIS,
ACUTE.****(Gastric Catarrh.)**

This is a state of inflammation of the stomach, and is frequently caused by the climatic changes involved in going from port to port; errors in diet; swallowing food before it is chewed; too hot or too cold liquids; excessive eating; alcoholism; sedentary habits; sudden fits of anger; grief; brooding; etc., etc.

Signs.—Loss of appetite; loathing of food; only partial digestion; restlessness and wakefulness; chills and fever; pain in left breast, two inches under left nipple. Tongue either small, red and sore, or enlarged with yellowish white coating; constant craving for sour things; sometimes jaundice.

REMEDY.

Abstain from food and keep quiet; clean out the stomach by copious draughts of warm water, or mustard and ipecac; drink mineral water, Vichy or Congress; (give a saline draught, made as follows: carbonate of potassa, one scruple; citric acid and tartar, fifteen grains; fresh lemon juice, half ounce; sugar, one dram; water, eight ounces, or half pint; mix. Divide this into two or three doses. This is a most excellent formula, to be given in all kinds of fevers.) If vomiting prevails, give milk and lime water in equal parts—tablespoonful doses. If very weak, give small quantities of brandy, whiskey, milk punch or iced wine. As a tonic, "Melville's Elixir of Life."

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GLEET.

(Mucous Urethral Discharge.)

This disease is not an original ailment, but a consequence, depending upon some original genital trouble. It may result from strain, produced by heavy lifting, exposure to cold and fatigue; but it is generally the sequence of a badly treated gonorrhœa, and sometimes requires more care to cure than the original disease from which it sprung.

N. B.—There is one very important feature to this disease, which I wish particularly to impress on the mind of the reader. It may sometimes be imparted by a wife who is afflicted with leucorrhœa or whites, to her husband; and he very naturally suspects her of infidelity. Don't do it! Consult a good physician.

REMEDY.

Empty the bowels with a gentle dose of "Melville's Liver Powder." Observe every rule of cleanliness; bathe daily in plain tepid water, and sponge the genital organs two or three times each day with warm water and castile soap; take a light, nutritious diet; milk, fruits, well-cooked vegetables, good lean fresh beef, mutton, poultry, etc. No acids, as pickles, vinegar, etc. No salt meats, or ham, cheese, pork, or bologna, and above all, no alcoholic or malt liquors. Take gentle exercise in the open air daily, and keep regular hours. If it resists this treatment one week put twenty grains subnitrate of bismuth in four ounces of water and syringe three times a day. Sure cure.

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GONORRHOEA.

An inflammatory mucous discharge from the urethra of both sexes. Much more common in men.

Signs.—Slight heat and itching in the urinary passage; scalding in passing water; swelling of the opening; a thin whitish or pale yellow discharge, which increases in quantity, and deepens in color to a deep yellow, green, or sometimes bloody appearance; neck of the bladder becomes irritable; constant desire to void water; foreskin swelled; chordee, at night; foreskin drawn over the head, and remains so, (Paraphimoses,) or back and cannot be moved forward (Phymosis.) More mild in women; less inflammation, and sooner cured.

REMEDY.

In addition to all that is said in a former chapter on "Gleet," in relation to cleanliness and diet, regimen and sanitary matters, observe the following simple directions: Open the bowels with a brisk cathartic ("Melville's Liver Powder" is the best known,) or full dose of Epsom salts; then take sulph. zinc, ten grains; sugar of lead, ten grains; laudanum, twenty-five drops; tinct. catechu, twenty-five drops; rose water, four ounces. Dissolve in bottle, and with a P. P. syringe inject into the urethra one dram six or eight times a day. This in ninety-nine cases out of a hundred, will effect cure in 3 or 4 days. See "**Melville's Soluble Canulas.**"

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GLANDERS.**(Equinia Farcy.)**

A disease peculiar to horses, but men (and jackasses) sometimes contract it.

Signs.—The acute form generally appears with chills; pains in joints and limbs; headache; vomiting and diarrhoea; pulse accelerated; fetid sweats; eruptions of the skin, cheeks, arms and thighs, ripening into pustules, on the face, trunk, toes, fingers and genital organs, and ending in gangrene. The tongue is dry and brown; pulse feeble and irregular. Second stage: Chronic glanders (rare,) stools very fetid and sometimes bloody. Third stage: Acute farey; differs only slightly from glanders. Chronic farey; wasting and debility; foul, deep, sloughing ulcers.

REMEDY.

Prevention is of great importance; but if the disease is once contracted by inoculation, the affected spot should at once be cut or burnt out. Keep the bowels freely open; give tonic from the outset, and a full stimulating diet: "Huxham's Tinct. of Bark;" "Warner's Syrup of the Phosphates;" pay the strictest attention to cleanliness, (personal,) and the sanitary conditions of the surroundings; if abscesses form they must be opened, and treated as they occur. Iodine, and iodide of potassium are strongly recommended. During recovery, change of air and good rich food.

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GOUT.**(Podagra.)**

Acute or transient, seizure very sudden; usually after midnight; the muscular action of the great toe is first affected, and other joints suffer sympathetically. Extreme pain and swelling at night; skin over the affected joint tender, red, hot, and shining; troublesome itching and inflammation. Fat men and high livers suffer most. Females rarely suffer with it.

Signs.—Chills and fevers; perspiration; urine scanty and dark; diarrhoea; (attack lasts from four days to several weeks.) It is the parent of all the diseases to which humanity is heir. Consolation: Sailors rarely are afflicted with it. Fat captains often.

Moral.—Avoid high living.

REMEDIES.

Give a brisk purgative at first. Opium in half grain doses, or tincture of aconite root, half drop every half hour. Wine of colchicum, fifteen minims every half hour. Five to ten grains of quinia three times a day. Hot air baths; low diet; give ten grains of "Dover's Powder" at night for restlessness. If the foot is the seat of pain, elevate it, and wrap in flannel and cover with oiled silk. Poultice, (adding opium, belladonna, tincture of aconite, etc.) During the interval, regulate the diet; use only a little tea or coffee; give no stimulants (alcoholic) unless absolutely indispensable; baths and friction; exercise in open air; keep your temper.

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Hay Fever. (JUNE COLD.)—See FEVERS, page 56.

HEADACHE, SICK.

(Migraine, Hemis-
crania.)

In females, this disease is caused by womb troubles, and irregularities of the menses; want of exercise; excessive sleep; want of ventilation; and depression.

Signs.—Chilliness; tingling in the tongue; disorders of speech; loss of appetite; pain over the eyes, from temple to temple; mental confusion; drowsiness; involuntary shedding of tears; soreness in the back of the neck; excessive sensibility; dimness of vision; low spirits; foreboding of evil; and general discontent, and loss of temper. Tongue dry and harsh; pulse low, weak and unsteady; seldom occurs after forty years of age.

REMEDY.

A glass of brandy and soda, or champagne or sherry wine, or a cup of strong coffee, will frequently prevent the attack. "Melville's Counter Irritant" is a warranted cure;—will cure it in two minutes. Open the bowels with a gentle laxative; and during the continuance of the attack take perfect rest in a dark room. Place ice on the forehead; any sudden excitement may instantly end it. In the intervals, all excitement should be avoided; and disorders of the stomach corrected. Daily use of the galvanic battery is highly recommended; also "Warner's Calomel Parvules," 1228 Market street, Philadelphia.

HEART DISEASE.**(Palpitation.)**

Its attacks may occur frequently or more remote, and last from a few moments to hours, or days. They may be violent or feeble; and are always sudden and unexpected.

Signs.—The action of the heart may be unnaturally accelerated; its pulsations increasing, from 40 to 100 beats per minute; or it may be unnaturally retarded, receding from forty (natural) to twenty-five beats per minute; this disturbance may be caused by the slightest exertion, by excitement, anger, fright, joy, grief; almost any other cause. The pulse seldom indicates the heart's action, and the tongue remains unchanged.

REMEDY.

If the palpitation is violent give opium in one-half grain doses, or inject hypodermically, (under the skin.) Give from one to three minims of the tinct. of aconite in wine glass of water three times a day. Tinct. of digitalis, (foxglove,) in dram doses, two or three times a day, will decrease the heart's action. Stimulants, hot foot baths, (with mustard always,) hot poultices over the region of the heart increase its action. Use no tobacco in any form, and very little tea or coffee. Avoid sexual excess, mental depression, "blue devils," excessive study or brain work, and obey the general rules of health.

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HEMORRHAGE

(Of the Lungs.
Bleeding.)

Signs.—The first noticed in this disease is a tickling sensation behind the breast-bone. It often occurs without warning. Spitting of blood, of a bright red color; blood is usually frothy, except when it flows in considerable quantities, when there is no froth. The countenance is pale and anxious; patient tremulous, often faints; slight cough; later, a troublesome, hacking cough, accompanied by fever, hurried breathing, and shortness of breath upon the slightest exertion. Patient raises pussy mucus, which has an offensive smell; rattle in the throat; great weakness.

REMEDY.

Give the patient perfect rest, in a cool, darkened room; ice and cooling drinks; gallic acid mixed with honey or syrup, one dram of acid to two or three ounces of honey, teaspoonful every thirty minutes, is said to be a specific for internal hemorrhage. Table salt swallowed in teaspoonful doses is a popular remedy. Dry cupping; plasters, and foot baths (stimulating) are useful. Tie a bandage tightly around an arm or foot for ten or fifteen minutes, to stop the flow of blood. For continuous blood spitting, inhale vapor of oil of turpentine, put a small quantity in a flat dish, and float in warm water and breathe it.

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HEMORRHAGE.

(From Wounds or Cuts.)

These are treated precisely like the foregoing. Your object should be to stop the flow of blood as soon as possible. Keep cool, and don't be frightened.

HOOPING COUGH. (Or Whooping.)

First stage: Signs: slight fever; loss of appetite; sneezing; redness of eyes and running at nose; frequent dry cough with a peculiar hoop to it. Second stage: every "spell" sets in suddenly; tickling in the throat, cough more severe, with loud puffs when breathing. This is followed by extreme soreness of the chest, and great exhaustion; purulent discharges from the mouth and nose, with vomiting.

REMEDY.

Gallic acid, applied dry to almost any cut or wound, will in almost every instance stop the flow of blood. Cobwebs, pulverized alum, lint, collodion, and many other things.

REMEDY.

Put the patient in a warm room, and flannel next the skin; warm drinks which will not bind the bowels; the chief aim should be to relieve the symptoms as they appear, and to avoid complications. Give syrup of squills in teaspoonful doses every two or three hours; tincture of belladonna, opium, morphia, or syrup of poppies in small doses; strong decoction of cold coffee without milk or sugar.

occur, and sometimes involuntary flow of urine.

HYDROPHOBIA.

(Rabies.)

This is generally the effect of the bite of a rabid or mad animal. In most cases it shows itself within two months after the bite.

Signs.—An undefined dread; giddiness; thirst; restlessness; alternate chills and heat; oppression of the chest; spasms of the muscles; difficulty of breathing and swallowing; choking sensation when attempting to drink; excessive terror and fright; mortal dread of water, and shivering at the sight of it; an abundant flow of tough stringy mucus; with constant efforts to raise more. These symptoms grow rapidly worse, then follow convulsions, and often furious mania.

REMEDY.

As soon as it is known that a person has been bitten by a mad animal, the place should be immediately ligatured above the bite, and either cut out the bitten part, or burn out with acid nitrate of mercury. (This is much more reliable than lunar caustic, or nitrate of silver.) Even after three or four days, the bite should be treated in this manner. Much can be accomplished by coolness and presence of mind, both on the part of patient and attendant. Relief may be afforded by injections of morphia under the skin, ice to the spine, inhalations of chloroform and cold baths. Most cases have terminated fatally thus far.

HYSTERIA.

(Neurosis.)

This is a singular disease, and may resemble almost any other. Its signs are: great emotional sensibility; laughing; crying; shouting; partial loss of will-power; twitching of the muscles; changes of the skin, "goose flesh;" neuralgic headache; retention, diminution, or entire suppression of urine. During the fit, sighing, sobbing, laughing, gesticulation, choking; noisy and irregular breathing; gurgling sound in the throat; crying, yawning, full discharge of urine; exhaustion; sleep. There is seldom any frothing at the mouth, and complete insensibility rarely occurs. Pulse is regular, and tongue natural.

REMEDY.

In cases of females, (unless occurring at the period of puberty,) a sudden dash of cold water over the head and face is a certain cure. Ammonia to the nostrils; "Melville's Counter Irritant;" (bathe the head with it.) Warranted a sure cure. Galvanism; aromatic spirits of ammonia and tincture Valerian in equal parts, thirty drops in small glass of water; bromide of potassium in ten grain doses every two hours. To very healthy girls, give tartar emetic in the form of antimonial wine, in doses of a dram, repeated two or three times a day. Remove corsets; correct bad habits, change of scene; opium plasters, and galvanic battery.

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INDIGESTION.

(See DYSPEPSIA.) Page
51.

INFLAMMATION.**(Catarrh of the
Bile-ducts.)**

Signs. — Pain and soreness in the right ribs; constipation; sickness at the stomach; fever and headache; in three or four days the eyes assume a yellow, jaundiced appearance, which sometimes spreads over the whole body. Later the fever ceases, and the skin becomes cold, dry and harsh; pulse slow and feeble; tongue coated; great weakness; urine of a brownish color; fæces light colored, pasty and offensive. Itching of the skin; yellow vision; liver appears swollen; and gall-bladder sore. (General signs will vary according to the severity of the attack.)

REMEDY.

I have experienced the best results from small doses of calomel, say one-eighth or one-tenth of a grain rubbed in sugar and given every four hours for a few days; mineral waters: —Saratoga; Vichy; Kissengen; ice-water. Give opium to relieve the pain; dilute nitro-muriatic acid water to neutralize the jaundice. Regulate the diet carefully. Give milk and beef essence. Avoid solid food, especially fatty and sweet substances, until the acute symptoms subside. After that, counter irritation; give a cathartic of calomel, castor oil, rhubarb and magnesia.

**INTERMITTENT
FEVER.**

(See FEVER AND AGUE, CHILLS AND FEVER.) Page 32.

**INTESTINAL OB-
STRUCTION.**

(Stoppage.)

This is produced by eating improper food; sudden cold; internal injuries; and other causes.

Signs.—Obstinate constipation; headache; constant desire to have stool; faintness, exhaustion and sometimes insensibility. The tongue is coated and the pulse rapid and feverish.

**INTESTINAL
HEMORRHAGE.**

(Melæna.)

Signs.—In bad cases the face becomes very pale; eyes glassy; faintness; rumbling sound in ears; pulse weak; or ceases at the wrist;

REMEDY.

Give one of "Melville's Liver Powders," followed by hot bath. If a passage is not thus obtained, make one drop of Croton oil into four pills with bread crumb, and give one every half hour. This is generally believed to be a specific; and if it does not succeed, repeat until it does.

REMEDY.

Rest in bed: mustard plasters cold, or hop poultices, or ice to the bowels: give alum-whey, freely: gallic acid two drams, and syrup of cinnamon four ounces; mix, and give dessertspoonful every

convulsions; falling. Death may occur before any blood appears externally. If not, then comes a desire to go to stool, and blood will pass freely.

JACK YELLOW. (**Yellow Jack.**)

See **YELLOW FEVER**,
page 54.

JAUNDICE.

(**Icterus, Morbus Regius.**)

This is a yellow tinging of the skin, with the coloring matter of the bile: comes generally from a torpid and diseased liver. **Signs.**

— General indisposition; loss of appetite; sickness at stomach; vomiting; pain and tenderness in the bowels; headache and giddiness, especially when stooping; constipation; clay-colored stools; urine unnaturally colored; jaundice; yellow vision, not always pres-

two hours. Liquid sulphate of iron one-half ounce, and laudanum one quarter ounce. Mix, and give fifteen drops every hour.

REMEDY.

Graduate your remedies to the various symptoms as they appear. "Melville's Liver Powders" are always in order; or any good liver pills. Ten grains of blue mass, followed by one ounce of the compound syrup of rhubarb; warm baths; leeches over the liver; laxatives after pain subsides. Prevent recurrence; exclude from diet all sweet and fatty substances. Use lean meats; eggs, fish, fruits, and well-cooked vegetables may be eaten freely. A little good

ent. A terrible itching of the skin immediately after the appearance of the jaundice is always present. Dilute sulphuric acid is said to be a specific.

JUNE COLD.

(ROSE COLD, HAY ASTHMA.)—See HAY FEVER, page 56.

KIDNEY DISEASE.

See BRIGHT'S DISEASE, page 26.

KIDNEY,

(Cancer of the.)

Signs.—Soreness and pain in the back; formation of tumors in the region of the kidneys; cancerous growths in other parts, emaciation; debility; exhaustion and a feeling of prostration.

KIDNEY, MOVABLE.

Signs.—(This disease is frequently

wine may be taken, but no beer, ale, porter, or strong liquors must be indulged in.

N. B.—Proper care of the liver will, in most cases, prevent the appearance of jaundice, which always results from an over supply of bile in that organ.

REMEDIES

must be applied to the various symptoms as they arise. For the cancer, little or nothing can be done. Give light, generous, nutritive diet. Keep up the strength, with quinine daily, etc., etc.

REMEDY.

Place the patient in a recumbent position, and confine the kidney in its place by a proper

caused in women, by numerous births; tight lacing; violence, and other causes.) Sense of weight and dragging pain in walking; chilliness; vomiting; prostration; soreness on pressure; and general disturbance of the stomach and bowels. The right kidney is generally affected.

KIDNEY NEPHRITIS. (Tubercular,) (Inflammation.)

(This is an inflammatory state ending in tumors, tubercles and pus. One kidney only is generally diseased.)

Signs.—Pain and uneasiness in the small of the back; loss of flesh, and general wasting away; urine in time becomes bloody; and pus settles at the bottom of the urinal. The testicles sometimes swell, and are sore: a tumor sometimes forms and may be felt in the abdomen. Then more

bandage. Operations are sometimes resorted to, to confine the kidney in its natural position. Keep the bowels open by means of gentle laxatives. Attend to the urine; light diet. Treat symptoms as they occur.

REMEDY.

When the foregoing symptoms are clearly marked and well defined, the affected kidney may be removed,—taken out, without much difficulty, and with a fair chance of saving the patient's life. Most kidney diseases come stealing on us with such silent and gradual approach, that they have established their sovereignty and “come to stay” before we are aware of it. At the first notice, then, begin to treat. Teas of buchu and uva ursi, made like common

marked signs of inflammation appear: more pus appears in the urine, and the act of voiding it becomes difficult and painful. When the disease becomes chronic, a substance called albumen, and resembling the white of eggs, with blood and pus, appears in the urine.

LARYNGITIS, ACUTE.

(Inflammation of the Larynx.)

(The term "larynx"*) signifies a "whistle," and in popular understanding signifies the throat. Those affected with laryngitis complain of "sore throat."

Signs.—Tickling; soreness; pain; hoarseness; cough; (in children) hard breathing;

breakfast tea, and partaken of daily with freedom; hydrangea root, one ounce to a pint of water, boiled to one-half pint, is said to be a preventative and cure in early stages.

REMEDY.

Confinement in a warm, moist room, temperature 68 to 70° F.; put a basin of water on the stove, that the patient may constantly breathe the vapor; give tinct. aconite, two grains in small glass of water, every three hours to an adult, and one grain to a child every four hours. At night, ten grains Dover's Powder. For cough and pain, small doses of opium;

*The larynx is composed of cartilages, muscles, glands, and ligaments; and is designed as an air-passage in breathing.

dryness of the throat; flushed face; difficulty in breathing and swallowing; croupy symptoms, and in severe cases children sometimes choke to death from impossibility to get their breath. Moderate cases commence with chills and fever. Blood strangulation and the formation of tumors are common.

LEAD POISON- ING.

(Plumbism, Painter's Colic.)

This disease generally shows itself by a black crust around the teeth which decay very quickly; a bluish line is seen on the gums; a general wasting away; harsh, dry skin and sallow, putty complexion; eyeballs yellowish; thirst; offensive breath; pulse slow and feeble; tongue coated brown and slimy; severe constipation; pinched-up belly; sickness at stomach and vomiting; belching of

quinine in full doses; hot poultices (hops are best) to the throat; or bags of hot sand or salt, or compresses of hot water; syrup of marsh mallow; warm sugar and water; hot milk and Seltzer water in equal parts: good sustaining diet. No tobacco in any form.

REMEDY.

As this disease most commonly occurs to painters, change of occupation may be recommended. Give dilute sulphuric acid ten to fifteen drops in full glass water three or four times a day; sulphur baths; iodide of potassium; commences with five grains, and increase to thirty. For colic, ten grains calomel and two of opium, followed by dose of salts or castor oil; if paralysis, electricity. Give a nutritive diet; plenty of milk and other easily digested food.

wind and hiccough ; headache and local paralysis, especially in the muscles of the arm and wrist. After the use of iodide of potassium, (which is always indicated in these cases,) lead may be found in the urine.

(Some physicians think milk a preventative of painter's and plumber's colic. The experiment can be cheaply tried.) Take sulphate of magnesia one grain ; dil. sulph. acid and tinct. hyoscyamus each twenty drops ; camphor water two ounces. Repeat every four hours.

LIPS, CHAPPED.

Also Chapped Hands.

Chapped lips may be caused by the presence of fever, by exposure to certain winds, and by numerous other causes. The hands of some persons also chap, and become sore and troublesome. All these evils may be remedied with little care and expense.

REMEDIES.

Cosmoline is generally believed to be a certain and permanent cure for chapped lips and hands. The following remedy we warrant : Take glycerine one and a-half ounces, rose water two and a-half ounces, shake well together and rub well into the chapped skin. Nothing can be better.

LEUCORRHOEA.

(Whites : Fluor Albus.)

This is a discharge from the female womb or vagina. A whitish or

REMEDY.

Various remedies are suggested, as syringing with alum water, white oak bark, tannic acid, (weak solution,) etc.

yellow-white discharge, proceeding generally from displacement of the womb. All women are liable to it, wives, widows, maids, and even children. Fleishy women are most afflicted with it. It is always the forerunner of severe womb troubles, and should never be neglected for one hour. It produces great weakness.

LIVER, ABSCESS OF.

(Hepatic Abscess.)

In this disease, the skin generally becomes dry and harsh, headaches, bilious vomiting; pains in back and limbs, chilliness; some fever, and night sweats; prostration; wasting away; and sometimes diarrhoea and dysentery. Circumstances over which neither patient nor physician have any control frequently indicate absorption of

But wherever so important an organ as the womb is involved, a competent physician should be consulted at once. The writer has made this subject a special study for years, and guarantees a cure to all who will follow his directions.

See "Melville's Family Medicines."

REMEDY.

Give fifteen grains of quinine every four hours while the patient is awake. (As a general rule, never awaken a patient to administer medicine: sleep is by far the best medicine he can have.) Opium in one-half grain doses every six or eight hours to relieve pain. Turpentine drafts over the seat of the abscess; and if pus collects, open and let it out; carefully cleaning the pus-cavity: apply blisters,

the abscess. In such cases, the above-mentioned symptoms subside; on the other hand, they increase: the tongue is coated, and yellowish brown. Pulse irregular — sometimes increasing — sometimes retarding; dry cough; difficult breathing; every movement becomes painful, and every bone in the system seems sore. Special pain in one or both shoulders.

LIVER, SHRINKING OF.

(Malignant Jaundice.)

Signs. — Headache; loss of appetite; sickness at stomach; vomiting; soreness in the bowels; constipation; jaundiced appearance, gradually increasing; slight fever. As the disease advances, the tongue becomes dry and coated brown; pulse extremely irregular, varying from 75 to

leeches, alkalies, purgatives. (In warm and infected countries, give chloride of ammonia in fifteen grain doses twice a day as preventatives.) Let the diet be nutritive, and strengthening. Milk punch; egg-nog: good port or sherry wine, whiskey or brandy in small quantities.

REMEDY.

This disease is frequently the result of catarrh of the stomach; yellow fever; childbed fever; chronic jaundice, and other kindred diseases. All of which see. Deal with the various symptoms of this disease as they arise: The brain symptoms are met with the use of bromide of potassium or chloral hydrate, in doses which the symptoms require. Give syrup of the phosphates

150 beats per minute. The breath becomes foul, and the stomach ejects a coffee-colored discharge; soreness in the kidney region; size of liver decreases; in some cases so rapidly that it may be observed from day to day. The constipation is frequently followed by a free discharge of tarry-looking matter from the bowels; (intestinal hemorrhage,) urine contains blood.

LIVER, CONGESTION OF.

(Hyperæmia of the Liver.)

Signs. — Weariness, listlessness, aching of the limbs; headache; nausea; great heat at night; soreness of the bowels and stomach; tongue coated with yellowish mucus; pulse languid, and irregular; muddy aspect of the complexion; stomach generally in an unsettled condition; urine

in teaspoonful doses every two hours; sponge baths nightly; generous, light diet, and alcoholic stimulants in cases of feeble heart action. Always give great attention to cleanliness and ventilation: this is the soul of sick-room religion.

Wm. R. Warner's "Syrup of the Phosphates" is pure and reliable.

REMEDY.

As soon as the general symptoms of this disease appear, put the patient in bed and give one of "Melville's Liver Powders," cool lemonade as a drink. Give citrate of magnesia or Congress water; poultices of hops, or turpentine drafts over the liver; hot cloths; hot salt or sand bags; sponge bath, leeches to the region over the liver. If malaria, use quinine in ten grain

contains unnatural colored matter, sometimes whitish, at others reddish; and sometimes in severe cases vomiting of bile, and similar discharges from the anus. The eyes become dull and lustreless; bile is detected in every part of the system, and a general all-broken-up-ative-ness is experienced. Ambition is lost.

LOCK-JAW.

(Tetanus, Trismus.)

Signs.—Stiffness in the back of the neck, and constant twinges of pain; difficulty in talking and in swallowing; rigid spasmodic action of the muscles of the jaw; extending to the neck, chest and even to the limbs; great rigidity of all the voluntary muscles, except those of the hands, tongue and eyeballs; the mouth becomes elongated; breathing very difficult and swallowing almost impos-

possible three or four times a day. Extreme care of the diet; no sweet or starchy food for months. Give good lean rare beefsteak or mutton-chops, roast-beef rare; few vegetables. Small quantity Rhine wine. Also Warner's "Syrup of the Phosphates" freely.

REMEDY.

Ascertain the cause and remove it as quickly as possible. If caused by a wound, cut, or cauterize it; divide an injured nerve. Chloral hydrate ten grains, with bromide of potassium fifteen grains may be given every three hours. Some use injections under the skin, chloral ten or fifteen to twenty-five or thirty grains; opium in full doses; inhalation of chloroform. (In administering chloroform, always mix one-eighth

sible; spasmodic priapism. The face becomes anxious, distressed and terror-stricken; death occurs from impossibility of breathing, or exhaustion. Temperature and pulse arise very high.

LUNGS, CONSUMPTION OF.

(Pulmonary Consumption.)

This is a state of chronic inflammation of the lungs which may result from various causes.

Signs.—Dry hacking cough; dull, lingering pain in the side, generally left side; hectic fever, with rapid loss of flesh and strength; decadence of appetite; great weakness; aversion to exertion; loss of temper; fretfulness. Tongue covered with a nasty whitish coat; pulse generally unnaturally rapid and jerky; voice becomes hoarse or

spirits turpentine with the chloroform to prevent the stopping of the heart's action.) Whiskey or brandy to drunkenness; vapor baths; absolute quiet; nutritious diet, when it can be taken.

REMEDY.

If circumstances permit, an immediate change of air and climate is recommended. If not, daily gentle exercise in the open air; perfect ventilation; tepid baths every morning, (morning is always the best time for bathing,) and a good stimulating diet. Take no cod-liver oil. Eat good rare beef and mutton, with plenty of well-cooked vegetables, with milk, tea, coffee, small quantities of stimulants, as whiskey, brandy and good native wines: syrup of the phosphates, quinine in ten grain doses, or Dover's Powder ten grains at night. For

husky; night sweats; rise of temperature; unsteadiness of gait; changefulness of tastes; distrust of everybody; disposition to find fault; entire loss of energy and ambition.

MALARIA.

(Malarial Fever, Camp Fever.)

This is a compound form of disease, arising from miasma, in low and damp localities; malarial poison; crowding human beings together without sufficient ventilation; privation, want of proper food and other causes; signs are very similar to those of fever and ague, and typhoid types.

MEASLES.

(Morbilli, Rubeola.)

This disease is mostly confined to children. Signs are weariness; soreness of the muscles; pains in the head and

night sweats, dilute nitro-muriatic acid twenty drops in pint of water drank freely, and a lunch at night.

REMEDY.

Get out of the malarial district as soon as possible; give full doses of quinine, and see to the sewerage and ventilation; full diet, and separation where crowding has been practised; even temperature; and flannel next the skin; adopt the same remedies as in "Chills and Fever."

REMEDIES.

Keep the patient by himself; rest in bed; darken and ventilate the room; keep even temperature 70° F.; warm drinks to drive

back; heat; languor; irritability; restlessness. About the fourth day a rash appears, which spreads over the entire person; fades within two days and leaves a coppery shade.

MANIA A POTU.

See DELIRIUM TREMENS, page 22.

MIGRAINE.

(SICK HEADACHE.) See HEADACHE, page 64.

MUMPS.

(Parotitis.)

Signs.—Some chilliness and fever; headache; thirst; loss of appetite; vomiting (in some cases;) soreness and swelling of the glands (parotid,) under the ears, extending forward and upward on the face, and downward to and upon the neck. The voice is muffled, and speech difficult; swelling reaches its height in three to five days. In adults, (men,) swelling

out the rash; avoid draughts; keep the bowels open and regular; milk diet; if restless and wakeful, three or four grains Dover's Powder at night; tepid sponge baths daily.

Adults are rarely attacked with measles; and when such attacks do occur, great care must be taken to prevent taking cold. It is almost always fatal.

REMEDY.

Keep the patient in the house and in bed in severe cases. Open the bowels first, and then keep them regular. Paint with iodine at first appearance. Sponge baths (warm) daily. Give tinct. of aconite, in two or three drop doses, every two or three hours. Abscess must be poulticed with slippery elm bark and flaxseed meal, and opened at the proper time. If the testicles

of the testicles is very liable to occur. And in females the breasts, lips of the birth-place and uterus may be affected.

MYELITIS.

(Inflammation of the Spinal Cord.)

Signs.—A sense of constriction, (binding, as with a belt,) around the entire body above the hips; pain and soreness of limbs; twitching, tremors, and spasms in certain groups of muscles; restlessness; paralysis of motion; irritability, with loss of power over the bladder and rectum; shrinking of the muscles; urine pussy or streaked with blood; obstinate constipation; breath foul and fetid; tongue covered with a grayish coat; pulse irregular; sometimes fifty, sometimes one hundred and fifty; complexion sallow; eyes lusterless; dull, linger-

swell, apply hot hop poultices with laudanum. Light diet, milk, beef tea, chicken broth, eggs, etc., etc.

REMEDY.

Absolute rest; dry cupping over the spine; avoid lying on the back; place hot applications to the back, every three or four hours; mustard plasters the entire length of the spine; give from three to five grains of quinine every three or four hours, or one-quarter to one-half grain of belladonna every four hours; give a full, nutritious diet; plenty of beef and mutton, milk, ripe fruits, and well-cooked vegetables. (Some physicians recommend alcoholic stimulants. My experience condemns them entirely.) Bathe with alcohol to prevent bed sores; and never allow pressure on one part long at a time.

ing pain in the back, sides, and in the region of the bladder.

NEPHRITIS. (Renal Conges- tion.)

(SEE BRIGHT'S DIS-
EASE, FIRST STAGE,
page 26.)

NAUSEA.

(Sickness at Stom-
ach, desire to
vomit.)

This is more a symp-
tom of a disease than
the disease itself, and
occurs in a great many
of the diseases to which
humanity is heir. As-
certain the cause, which
may be the eating of
unsuitable food or
suitable food at un-
suitable time; heat of
the sun; nervousness;
pregnancy; over-exer-
tion and ten thousand
other causes.

Two parvules of
podophyllin, adminis-
tered three times a day,
will re establish and
regulate the peristaltic
action and relieve hab-
itual constipation, add
tone to the liver, and
invigorate the digestive
functions. For sale by
Wm. R. Warner & Co.,
1228 Market Street.

REMEDY.

Aromatic spirits of
ammonia; citrate of
magnesia; lime water
and sweet milk in equal
parts. (To make lime
water, put one ounce
of unslacked lime in a
pint of boiled water,
and let stand until it
settles, and pour off
into bottle and cork
tightly for use.) Take
a good purgative or
emetic. Fifteen drops
wine of ipecac in table-
spoonful of water.

Any of Dr. Melville's Remedies will be sent to ves-
sels when ordered by mail, C. O. D.

NIGHT SWEATS.

Like the above, this is rather a symptom than an independent disease. It is always accompanied with great weakness, and loss of appetite, and leads to numberless evils. Check it promptly.

NERVOUSNESS.

This is not a disease, but a whole family of diseases, and an exceedingly numerous family at that. It is caused by all sorts of violations of the laws of health, and all sorts of people are afflicted with it. It is indicated in an unusual number of different ways. The use of tobacco; the excessive use of tea and coffee, opium, arsenic, and other narcotic poisons; in ladies, tight lacing, womb troubles, change of life, and numerous other causes, produce an utter prostration of the nervous

REMEDY.

Sleep in flannel, in a well-ventilated room; warm sponge baths (salt water) at night and cold (with friction) in the morning; elixir of vitriol twenty drops in half pint water three times in a day, and cold sage tea freely.

REMEDY.

Remove the cause: search well into your personal habits; and correct what is wrong there. Renounce the fashions and follies of society and live like an accountable Christian. "Resist the devil (of fashion,) and he will flee from you." Live a regular life, devote the day to its duties, and the night to sleep; take daily gentle exercise in the open air; a good bath in the morning; rub the skin until a glow appears; quit alcoholic stimulants, opium, and tobacco in all their

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system: then follow dyspepsia, sick headache, derangement of the stomach, palpitation of the heart; entire prostration.

NEURALGIA.

(*Tic Douloureux*.)

There are various species of neuralgia; or, more correctly, as applied to the various nerves. **Signs.**—Neuralgic pain is generally confined to the affected nerve and its branches; shooting pains, at irregular intervals; pain in shoulder, arm and hand of one side; sometimes in the breasts (females;) an eruption which creeps over the surface of the skin; it frequently attacks the nerves of the jaws, particularly where there is decayed teeth, and the pain in such cases amounts to agony. Sleep is out of the question; the sufferer is too angry to eat, and

forms; drink no green tea. Take a generous diet of beef and mutton, milk, and fruits and vegetables. Keep regular hours, and above all, a clear conscience.

REMEDY.

Remove any local irritating cause. If caused by decaying teeth, have them taken out; attend to the general health; avoid exposure to draughts, and sudden atmospheric changes. If caused by malaria, rheumatism, gout, syphilis, or metallic poisons, give quinine, arsenic, iron, opium, morphia, aconite, in small but oft repeated doses. "*Melville's Magic Neuralgia Cure*," (large bottles, one dollar.) is warranted to relieve any case of neuralgia in ten minutes. "*Thompson's Solution of Phosphorus*" is good. Take quinine two drams, morphia three grains, strychn-

life for the time being becomes a burden. Verily, he loseth his temper.

OPHTHALMIA.

See EYE DISEASE,
Page 52.

OBSTRUCTION, (Intestinal.)

See STOPPAGE,
Page 71.

OZÆNA.

(Chronic Nasal Catarrh.)

Signs.— Interruption of breathing through the nose; with offensive yellowish mucous discharge; offensive breath; (patients may detect it themselves;) ulceration; decay of the cartilages of the nose; serious injury to, or perhaps entire destruction of, the sense of smell; large lumps of offensive mucus of a greenish color are often thrown into the throat

nia two grains, arsenious acid three grains. Make sixty pills, three daily.

When neuralgia is caused by syphilis, as is many times the case, patient should at once consult a competent physician, as he may otherwise do himself lasting injury.

REMEDIES.

Cleanse the passages of the nose, and loosen and remove the secretions; wash out the nasal passages with warm water one pint, tinct. arnica five drops; use one-half at each application. Common salt, teaspoonful to a pint of water; iodine two to five drops (as the tenderness of the passage will bear) to a pint of water, or permanganate of potassium two to five grains to pint of (always tepid) water: apply with a

by forced breathing through the nose and are coughed up; if neglected, the other organs—throat and lungs—may become diseased.

PALPITATION

(Of the Heart.)

See also "HEART DISEASE," Page 65.

"Palpitation" is the form of heart disease most commonly noted and treated by domestic means. It occurs generally between the ages of fifteen and forty-five, and both sexes are equally liable.

PALSY.

("Bell's Palsy.")

See PARALYSIS, below.

PAINTER'S COLIC.

See CRAMPS, page 39.

"cotton-mop" an ointment, of cosmoline five parts, pulv. arnica leaves one part.

REMEDY.

The following prescription is highly recommended:—Take tinct. digitalis two drams, tinct. aconite root and tinct. American hellebore of each one dram; mix, and give three or four drops three times a day.

ALOIN PARVULE, II. 1-10 gr.—A most desirable cathartic. Doses four to six at once. This number taken at once will be found to exert an easy, prompt and ample cathartic effect unattended with nausea, and in all respects producing a most desirable aperient and cathartic result.

Any of Dr. Melville's Remedies will be sent to vessels when ordered by mail, C. O. D.

PARALYSIS.**(Duchenne's Paralysis.)**

Signs.—Weakness of the muscles; awkward swaggering gait; patient walks with his legs spread apart. Numbness and loss of sensation in the back, arms, trunk and sometimes face; difficulty of arising from sitting posture; claw-like deformity of the toes; and in the end, utter helplessness.

PERITONITIS.**(Inflammation of the Peritoneum.)**

If primary, the first **Signs** are, generally, slight chills and fever; severe pains in the lower abdomen; marked stiffness of the muscles of the belly; vomiting; intense pain, commencing above the pubes, and rapidly extending over the abdomen; cutting pains increased by the slightest

REMEDY.

Give tonics, as soon as the disease is known to exist. Use cold sponge baths with constant friction. Cut the hair close and shampoo the head: give ten grains of quinine and one-sixtieth of a grain of strychnia, three times a day. Full, generous diet and electricity.

REMEDY.

Give opium to relieve the pain; put turpentine drafts above the pubes; let the turpentine remain on five or six minutes, then remove and put on hot mush poultices; quinine in large doses at first (say twenty grains) and smaller doses (ten grains) afterwards: diet liquid and cool; at same time strengthening. Absolute rest. The treatment of

touch; fever; prostration; short breath; tongue red and slightly coated; pulse feverish and irregular, during the intense pain snappy; constipation; urine scanty and highly colored; countenance anxious and pinched; eyes surrounded by livid circles; skin wrinkled; corpse-like odor; voice husky; may be delirious; or clear.

PILES.

(Hæmorrhoids,
Bleeding Piles.)

Signs.—At first, a slight itching sensation, in and around the fundament; a sense of heat and fulness of the rectum; a dull heavy weight in the lower part of back and in the region of the belly; uneasiness in sitting or walking about; great agony in passing the stools; the rectum becomes swollen, tender, and can scarcely be

chronic peritonitis is governed solely by the state of the disease; tonic treatment is generally indicated, with iodine, or iodine and oil, (ten grains of iodine to an ounce of oil;) nutrients and stimulants as diet.

REMEDY.

Open the bowels freely with "Melville's Liver Powder," or some good cathartic pills. Then give of the oil of the erigeron canadensis ten drops in a tablespoonful of milk twice a day: (this herb is commonly known as Canada fleabane; colts-tail, horse-weed, etc., etc.) This is regarded by many southern physicians as a specific for piles. A good pile salve is made with six parts of cosmoline, and

touchèd; intense throbbing and pulsation in those parts; tumors; when these break, and discharge their contents, relief quickly follows until new tumors form. Internal piles are enlarged veins, and at each stool the rectum appears to turn inside-out, and must be replaced with the finger.

PLAGUE.

(Pestis, Pestilentia.)

This disease closely resembles our typhus fever, in its appearance; but is distinguished from it by the absence of a rash, and the presence of buboes and biles. It is prevalent in most of the ports of the West India Islands, and of South America.

Signs.—A low fever; chills; restlessness; headache; giddiness; pains in the muscles; great thirst; vomiting and diarrhoea, with of-

two of tannic acid. Give a light, easily digested diet; use no alcoholic stimulants, nor beer nor tobacco. Take gentle exercise in the open air daily, and warm sponge baths.

REMEDY.

See that the patient's room is thoroughly ventilated; open the bowels freely; then give stimulants; tonics and mineral acids; the diet should be nutritious, consisting of beef, mutton, milk and fruits; cold sponge baths daily; paint buboes and carbuncles with iodine and scatter them if possible: if not, apply poultices; avoid putridity; scatter chloride of lime around the ship or room, and give the patient to drink, dilute

fensive stools ; hurried breathing ; foul breath ; eyes muddy and sometimes bloodshot ; pulse increased, but weak, and irregular ; tongue thickly coated, and becomes dry, brown and nearly black ; urine scanty, sometimes stops ; delirium ; stupor ; convulsions ; death.

PULMONARY CONSUMPTION.

—See **LUNG COMPLAINT**, page 82.

muriatic acid, fifteen drops in a pint of water, to be drank freely. For any further directions for treatment, see Typhus Fever.

One of the most important items in the treatment of plague is the prompt removal of the patient's feces. This must be attended to without delay, as the health of all present depends upon it.

POISONING.

In case of swallowing poisons (by children) it is always well to know how to act promptly : in another place I will give more full directions for this important treatment. Always keep ground mustard seed in the house, and in all cases of poisoning, give a spoonful in a glass of warm water.

The following are a few of the most common poisons, as well as the most common and easily obtained remedies :

Arsenic, and all arsenical preparations ; give freely warm water, and warm new milk ; teaspoonful white vitriol, in warm water ; white of eggs, gruel and flaxseed tea.

For **Antimonial Poisoning** (tartar-emetic),

give tannic acid; strong decoction of green tea; oak bark; Peruvian bark; a grain of opium, or thirty drops of laudanum, in sweetened water; repeat every half hour.

For **Mercury** in all its forms of poison, give teaspoonful of saleratus in warm water, (cup full;) whites of eggs; flour and water, fresh milk; weak lye.

For **Strychnine** (nux vomica and dog button), give quick emetic; spirits camphor; chloroform.

For **Oxalic Acid**, give powdered chalk; magnesia and water; lime-water; oil; afterwards cathartic.

Prussic Acid. This poison is so active that it is almost impossible to find a remedy rapid enough to arrest it. Remedy: Inject chlorine into the stomach; or oxide of iron; apply ice to the spine; galvanic battery.

Nitric and Sulphuric Acids (oil of vitriol and aqua fortis), give freely magnesia or chalk and water; strong soap-suds; wood ashes and sweet milk; don't use too much water.

For **Copper Poisoning** (blue vitriol, or blue stone), give white of eggs; vinegar; very strong coffee; saleratus water; sweet milk and an emetic.

For **Nitrate of Silver Poisoning** (lunar caustic), give salt and water; sweet milk; castor and sweet oils.

For **Alkalies** (caustic potash, ammonia, lime,

NOTE.—According to the *Scientific Californian* an instantaneous remedy in cases of poisoning consists of a heaping teaspoonful of salt and the same quantity of ground mustard stirred in a teacup of warm or cold water and swallowed instantly.

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etc.), give vinegar freely; flaxseed tea; milk; sweet oil; lard; lard oil.

For **Lead Poisoning** (red lead, sugar of lead, etc.), give Epsom salts; plaster of Paris; magnesia; brisk emetics.

For **Opium Poisoning** (laudanum, morphia, etc.), give a prompt emetic; afterwards, very strong coffee or tea; tinct. nut galls; use stomach pump and force the patient to walk.

For other **Narcotic Poisons** (baneberries, tobacco, wild parsley, nightshade, hemlock, jimson weed, etc., etc.), give mustard emetic; fresh milk; sweet oil; strong coffee; dash cold water in the face; keep the patient awake and moving around.

For **Cantharidal Poisoning** (Spanish flies), give large doses of sweet oil; spirits of camphor; sweet milk; injections of starch water, or camphor water; drink freely of flaxseed tea; injections of spirits.

General Rule. After poisons that cause vomiting, pain in the stomach, and purging, give fresh milk; whites of raw eggs; sweet oil; butter; chalk; magnesia, etc., etc. After acid poisons, give alkalies, as saleratus, lime water, weak lye, etc., etc. After poisons that produce raving, delirium, or sleepiness, give emetics and stimulants, such as camphor, strong coffee, mustard water, and keep the patient wide awake by any and every means in your power. When you are ignorant of what the patient has taken, and consequently do not know what to give, it is always safe to give a mixture of red oxide of iron, pulv. charcoal and magnesia, in equal parts in teaspoonful doses, mixed in a cup of warm water every thirty minutes or oftener,

also give large doses of sweet oil. Always bear in mind that olive oil is an antidote for all vegetable and animal poisons, and for many of the mineral poisons also; therefore never be without it on shipboard and in the house. Give it freely.

PLEURISY.

(Pleuritis, Inflammation of the Pleura.)

Signs. — Chilliness; fever; short dry cough; sharp, cutting pain under the nipple of the affected side, which is increased by breathing; sickness at the stomach; sometimes vomiting; pulse increased in rapidity, but hard and small; tongue brown, or whitish brown; diminished breathing; grating sound of the breath; disposition to favor the affected side; second stage, excessive sweating and breaking out, and pain continues; signs more marked; pectoral vibrations (if any) cease in the third stage. As the fluid is

REMEDY.

Put the patient in bed, and if a strong, healthy subject, bleed, leech or cup him; then give opium in doses sufficient to neutralize the pain: quinine for three or four days; cool saline drinks; keep the bowels open; give tinct. aconite root one-half drop every fifteen minutes for two hours — then once an hour for four or six hours; hop poultices; mustard plasters; turpentine drafts; blisters; iodine. (This should be applied when the pain is first felt, and the attack will be much lighter.) Nutritious liquid diet; keep the patient indoors, until the exudation is absorbed.

Turpentine drafts are applied as follows: wet

absorbed, the signs seem to appear in an entirely reversed order.

PYROSIS.

(Formerly **Gangrene, Burn.**)

See **WATER - BRASH**,
page 135.

QUINSY.

(**Cynanche Tonsillaris.**)

Signs.—Sore throat; pain and difficulty in swallowing; redness, inflammation, and swelling of the tonsils; dry throat; hoarseness; difficulty in breathing; fever; tongue foul, covered with dark, crusty coat; pulse quick, jerky and irregular; hearing becomes deficient; sometimes deafness occurs; severe symptoms increase; swallowing becomes almost impossible; suffocation seems imminent. The "almonds of the ears," as some persons term the ton-

a piece of flannel (white) six inches square in turpentine, squeeze dry and lay over the seat of the pain with a hot mush poultice on top. Remove the turpentine in six minutes and let the poultice remain.

REMEDY.

Avoid sudden colds; wet feet; damp sleeping rooms; cold currents of air; and other causes. On the first appearance of the disease, paint under the ears with iodine, and take a smart emetic of tinct. lobelia and ipecac in equal parts; teaspoonful every twenty minutes until vomiting is produced. Drink warm sage tea throughout; vapor of hops, wormwood, horehound, and catnip steamed in vinegar, and inhaled into the lungs, hot as can be borne, will give immediate relief; make a liniment of one ounce

sils, are down, and the disease sometimes ends in ulcers, which gather and break.

QUAIN'S DISEASE.

See HEART DISEASE.

RABIES.

See HYDROPHOBIA.

RELAXING FEVER.

See FEVERS GENERALLY.

REMITTENT FEVER.

See BILIOUS FEVER, page 25.

RENAL ABSCESS.

See KIDNEY DISEASE, page 26.

RHEUMATIC GOUT.

See GOUT, page 63.

RHEUMATIC FEVER.

See RHEUMATISM, ACUTE AND CHRONIC.

each, of sweet oil, saffras oil, tinct. cayenne and spirits turpentine and rub the throat.

ALOIN, PARV.—1-10 gr. -- Med. prop. — A most desirable cathartic. *Dose.*—Four to six at once. This number of parvules, taken at any time, will be found to exert an easy, prompt, and ample cathartic effect, unattended with nausea, and in all respects furnishing the most desirable aperient and cathartic preparation in use. For habitual constipation, it replaces when taken in single parvules, the various medicated waters, without the quantity which they require as a dose, which fills the stomach and deranges the digestive organs. Wm. R. Warner & Co., 1228 Market street.

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RHEUMATISM, CHRONIC.

Signs.—Joints become swollen and stiff; locomotion impeded; dull pain in joints, increased at night; muscles shrink away; temper becomes wiry, in consequence of sleeplessness; feet sometimes swell. (See Acute Rheumatism.)

RHEUMATISM, ACUTE.

Signs.—Weariness; restlessness; soreness and stiffness; thirst; constipation; great and increasing heat; urine scanty and feverish; pulse full and strong,

REMEDY.

Avoid exposure; live regularly; and wear flannel next the skin; baths, warm, vapor, hot air, Turkish; full diet and tonics; "Melville's Elixir of Life;" quinine; tinct. of iron; muriate of ammonia; iodide of potassium; colchicum, etc., etc.

REMEDY.

Avoid all exposure; rest in bed, and sleep between blankets; wrap all the joints in raw cotton; chest also; diet, milk, beef-tea, mutton-broth at regular intervals; drink barley

NOTE.—Rheumatism. Among the recently discovered remedies for this terrible disease, none have been more successful than that known as "ARTHIROSIA." It is not a secret remedy, but is compounded of well-known ingredients, and is pleasant to the taste, and harmonious to the stomach. It acts much more promptly than many other remedies, and is not very expensive. William R. Warner & Co., 1228 Market St., Philadelphia, are agents for the sale of it, and physicians' supplies generally.

ranging from 85 to 120 beats per minute; tongue coated with moist, creamy fur, or dry, brown and furrowed; brick-dust sediment in the urine, and sometimes resembling the white of an egg; excessive pain at night; almost entire sleeplessness, and in rare cases delirium; one or more joints are inflamed; it is hot, swollen, tender and painful, especially at night; it sometimes suddenly disappears from one place and appears in another; and relapses are common.

RICKETS. (**Rachitis.**)

This is a disease of childhood, and is manifested by crookedness of the long bones; crooked spine; protruding belly; big head and enlargement of spleen and liver; accompanied by general debility. The signs are not clearly defined, but the disease

water and lemonade freely; give bicarbonate of soda, one to two drams every four hours; quarter grain of opium every four hours; lemon juice freely; ten grains of quinine every six hours, alternating with ten grain doses of iodide of potassium; warm sponge baths, and as much friction as can be borne. If pain continues, apply hot hop poultices with laudanum or belladonna, and use chloroform liniment.

REMEDY.

Attend to the child's food; mix one quarter of lime water with the milk, and cream and sugar should be the principal diet—goat's milk; beef-tea; milk pudding; bathe often in warm salt water; friction; bandage the bones, and put in splints. For gastric

makes its presence known by a quick and irregular pulse, and brown coated tongue; temper becomes fractious, dull and peevish; profuse sweating about the head and neck, especially during sleep; enlargement of the veins; pains in limbs; soreness of the body; restlessness at night; urine increased, and generally limy; bones enlarge; spine curved; bones bent; teeth retarded; debilitated; helpless.

RINGWORM, (Herpes Circina- tus.)

This is a cutaneous or skin disease, which at times becomes exceedingly troublesome to children, particularly to young children. It is caused in many instances by neglect of proper treatment during infancy, and in other cases it appears to be hereditary, ap-

fever give "Golding Bird's Remedy," or small doses of magnesia, followed with castor oil; pepsin and calasaya; wine of iron; mineral waters; phosphorus in doses of one hundredth of a grain twice a day; "Syrup of the Phosphates," (Warner's); should there be indications of throat troubles, treat them on their first appearance. Change of scene and sea-air.

REMEDY.

The bowels should be moved with a gentle laxative; a tepid bath in which one ounce of powdered borax is dissolved, or an equal amount of bicarbonate (baking) soda; dry with a soft linen towel. An infallible cure is said to be, tobacco, two ounces, well boiled in a pint of water; add vinegar one gill, and strong lye one

pearing at an early age, and in an aggravated form, and rendering the life of the child miserable. It is more frequent in warm climates than in colder countries. It runs in curved and sometimes in nearly circular lines; and when the blood is overheated the itching and burning is almost intolerable.

ROSEOLA.

(Rubeola, German Measles.)

See MEASLES, page 83.

RUPTURE

(of the Heart.)

Incurable. Death sudden and certain.

SALIVATION.

(Ptyalism, Mercurial Rheumatism.)

Not a disease correctly, but a Sign, and a very dangerous and painful sign. Its existence is manifest by an uneasy, grumbling sensation of the teeth;

gill; wash the eruption four to six times daily. Tobacco, however, is a dangerous agent, and must be used with great care. Castor oil ointment is excellent; as is balsam of Peru, blood root and celandine. Make a circle outside the sore with a sharp needle. Don't cut the skin.

Should the ringworm result from impurity of the blood, as is sometimes the case, give syrup of stillingia four ounces, in which put iodide of potassium two drams. Dose, teaspoonful three times a day.

REMEDY.

If from mercury, and it generally is, stop it: take of sulphur two ounces, cream of tartar one ounce, mix with honey or molasses into a paste; teaspoonful three times a day, until the bowels are well

tender sore gums; swollen tongue; ulceration of the throat; profuse discharge of saliva or spittle; in secondary cases, or where the original symptoms are neglected, the bones become affected and sore; a general state of wasting away; great debility; pulse feeble and fluttering; tongueswollen and covered by a grayish nasty mucus; breath foul, and sickening.

SCARLATINA.

(Scarlet Fever.)

There are several varieties of this fever; as, simple, malignant, latent, eruptive, etc., etc. I shall confine myself principally to the simple variety, as that is by far the most common and dangerous. Scarlet fever runs its course with great regularity: it is easily distinguished from measles by the absence of cough, and by the spots being smaller and of a

opened; gargle of sage and golden-seal tea; dilute nitro-muriatic acid, twenty-five drops in half pint or pint water; wash the mouth freely; as soon as the teeth can be used, chew gold thread; hydrastin is claimed to be an almost certain cure; keep the bowels open, and take a nutritious diet.

REMEDY.

Put the patient in a room alone; ventilation; great attention to personal and general cleanliness; tinct. aconite root, one-half drop in teaspoonful water, every two hours; keep the bowels open; iced water, lemonade, barley water as drinks; sponge the skin three or four times a day with tepid water; after the rash is over, warm baths daily; for sore throat, inhale steam.

brighter red color. The tongue is white at first with a red edge; then red with a white edge; pulse increased and fluttering; fever; sore throat, red rash, or blotches, appear after the second day; first on face and neck; then on person. Third day the entire surface of the body is of a bright red color, hot and dry. Vomiting; headache; pulse increases 140 beats; ulceration of throat. Contagious.

gargle hot milk and water; suck ice; hot and moist flannel around the neck; pint of water to one dram of Condyl's fluid, to bathe the throat; should the ulcers be severe touch them with acid nitrate of mercury; give a nourishing diet; mutton and chicken broths; tonics; syrup of the phosphates, stimulants; good wine.

NOTE.—An ounce of prevention is worth a pound of cure. In no way is the wisdom of prevention more apparent than in dealing with disease. In these advanced days of medical science physicians are giving as much attention to the prevention of disease as to its treatment. It is with this end in view that they urge the importance of sanitary measures—the necessity of proper ventilation, perfect drainage, wholesome food and judicious clothing. But particularly are their efforts directed to the repression of contagious diseases, and especially to those which are incident to childhood. Among these none is so much dreaded as scarlet fever, and justly, too, for none of the eruptive diseases is so fatal in its results. It is, then, desirable that every one should know how best to check its progress, and that they should faithfully and conscientiously make use of such knowledge for the protection of humanity. A writer in a foreign newspaper gives some rules calculated to limit the spread of scarlet fever, which appear to be reasona-

ble. Moreover, their application is simple, and may be carried out in the poorest house. His theory is to disinfect the patient instead of waiting until the bed, carpets, clothing and surrounding air are impregnated with the germs of disease. He says that first the congested skin should be kept soft and pliant, and should be soothed with warm baths. Bathing the child in water of a temperature of ninety degrees is recommended, which tends to cool the feverish skin and predisposes to sleep. At the same time it washes away any loose particles of skin, and prevents too free peeling by moistening the surface. After the bath a medicated ointment should be gently rubbed over the entire body. This lessens the production of scales, and at the same time renders harmless those which form. As a formula for compounding the ointment best suited for this purpose he offers the following: Thirty grains of carbolic acid, ten grains of thymol, one dram of vaseline and as much simple ointment as will make the whole up to an ounce. The odor of this is not unpleasant, while it retains its greasiness for a considerable time after being applied. It should be smeared on in the morning, as well as at night, after the bath. As soon as the patient is well enough—we assume not until the twenty-first day of the fever is past—one or two washings with carbolic soap, in which process the hair should be included, is recommended. This, our authority says, will remove all traces of infection.

The bed and body linen should be put as soon as they are removed from the person in a tub filled with water in which a large tablespoonful of carbolic acid has been dissolved, after which they can be removed from the room and washed without danger of spreading the disease to others. This method, says the writer, has been thoroughly tested under the most crucial conditions, which all indicate "that it is possible to very materially limit the contagiousness of scarlet fever by simple means, and thus to more or less completely control the spread of the disease."

SEA-SICKNESS.

A nervous disease, generally affecting persons at sea: **Signs.**—Headache; sickness at stomach; desire without the ability to vomit; hunger without the ability to eat; swimming in the head; dizziness; diarrhoea; flashes of heat; chilliness; darting pains; a sensation of “gone-ness” at the pit of the stomach; complete loss of ambition; loss of appetite; indigestion; sour stomach; foul eructations; biliousness; vomiting of greenish mucus from the stomach; and a general desire to die. This stage lasts from two to five or six days; after a thorough cleansing of the stomach, the patient gets better, and “can’t get enough to eat.”

REMEDY.

Before starting upon a sea-voyage, a full dose of “Melville’s Magic Liver Powder” will obviate the most severe symptoms of sea-sickness. Bromide of soda, thirty or forty grains in a tumbler of water, taken three times a day for three or four days after sailing, is excellent; larger doses say sixty to eighty grains, are recommended as a cure. The best remedy is a “good cleaning out,” when the patient will feel like a new man, and getting on his “sea-legs” will think himself “every inch a Jack-tar.” Don’t take whiskey or brandy to sea with you in hopes of warding off sea-sickness. They are no good.

NOTE.—Many people, as soon as sea-sickness commences, have recourse to oranges, lemons, etc. Now, oranges are very much to be avoided on account of their bilious tendency, and even the juice of a lemon should only be allowed in cases of extreme nausea.

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Champagne, too, is a very common remedy, and, without doubt, in many cases does good; but this appears to be chiefly due to its exhilarating effects, as, if it be discontinued, the result is bad, and a great amount of prostration follows.

Creosote is a very old but still very good remedy, and in cases accompanied by great prostration is very useful; but, if given in the early stage of sea-sickness, it is often followed by very bad results, and even increases the nausea.

Bicarbonate of soda is used in slight cases, as it relieves nausea and checks the frequent eructations which often follow attacks of sea-sickness: but in severe cases it is absolutely useless, and, in fact, it very often prolongs the retching.

A very good remedy in the earlier stages of sea-sickness is a teaspoonful of Worcester sauce. How this acts I cannot say, but it, without doubt, relieves the symptoms and renders the patient easier. Its action is probably of a stimulant nature.

Hydrocyanic acid is of very little service, and most acid mixtures are to be avoided, except that, perhaps, for drinking purposes, when it is best to acidulate the water with a small quantity of hydrochloric acid.

Of all the drugs used I found the most effectual was bromide of sodium. When bromide of sodium is given in doses of ten grains three times a day the attacks entirely subside, the appetite improves and the patient is able to walk about with comfort.

In all cases of sea-sickness it is very desirable that the patient should take sufficient food, so that at all times the stomach may be comfortably full, for by this means overstraining during fits of retching is prevented and the amount of nausea is diminished. The practice of taking small pieces of dry biscuit is not of much use, as, although the biscuit is retained by the stomach, yet the amount taken is never sufficient to comfortably fill the stomach. Soups, milk puddings and sweets are to be avoided, as they increase the desire to be sick and

are followed by sickening eructations. Fat bacon is easily borne, and does much good if only the patient can conquer his aversion to it. When taken in moderate quantity it acts like a charm, and is followed by very good results.

But of all food curry is the most useful in sea-sickness, and is retained by the stomach when all other food has been rejected. Next to curry I would place small sandwiches of cold beef, as they look nice on the plate, and are usually retained by the stomach.

In conclusion, I would advise that brandy should be used very sparingly, as, in many cases, it induces sea-sickness, and its chief use is confined to those cases where the prostration is very great, and even then champagne is more effectual.

SCALDS. See
"BURNS AND
SCALDS," page 29.

SCALP DISEASE. (Scald Head.)

This troublesome disease is well known to almost every parent, and is almost solely confined to children:

Signs.—Scrofulous tendencies; children in feeble health; a dry tetter which is extremely irritable, first appears, and if neglected soon spreads over the entire scalp. In severe cases the hair falls off; the skin assuming a

REMEDY.

As all diseases of this kind have their origin in the blood, it is well to commence the cure there. Open the bowels; cleanse the stomach; and purify the blood. In ordinary cases, when taken in its early stage, scalp disease is easily managed: make an ointment of sulphur, two ounces; cosmoline sufficient to make it the consistence of butter, and anoint the head at

light, leprous, unhealthy hue; the appetite fails; the head aches; the eyes water; the ears discharge a sickly mucus; the exudations from the scalp are foul and offensive; and the patient becomes disgusting to all who see him.

SCROFULA.

(King's Evil.)

The term scrofa signifies a hog, which was once supposed to be susceptible of this disease. And it was called "king's evil," because certain kings of England pretended to be able to cure it by the touch. The disease shows itself by the formation of lumps or kernels on the glands under the skin of the neck and under-jaw; the eyelids are also often attacked; become inflamed, swell, ulcerate, and discharge a thick glutinous matter. In severe cases other parts of the body

night (sleep in a cap.) Wash with Castile soap, borax, and water every morning; sustaining diet; daily gentle exercise in the open air; warm baths.

REMEDY.

Open the bowels with some good cathartic pills; (Warner's sugar coated are among the best;) bathe the entire person daily in warm salt water; take of syrup of marsh mallows one dram; tinct. of iodine twenty drops in cup full of stillingia infusion, two or three times a day; sixty grains of hydriodate of potassium; and two drops of tinct. of iodine, divide into four or six doses; paint the kernels with iodine before they gather and break; if they become sore and break, poultice with flaxseed meal and slip-

are attacked, and ulcerate and break and become disgusting sores. It is generally inherited, and may go from the fathers to the children "unto the third and fourth generation."

SCURVY.

(Scorbutus.)

This disease is almost entirely confined to seamen, on and after long voyages. It is usually the result of want of fresh meats and vegetables, and its signs are, languor; debility; fatigue; faintness; shortness of breath; pains and soreness in the limbs; mental depression; melancholy; "Jack don't sing when he has the scurvy;" soreness in the gums; looseness of teeth; tongue flabby and furrowed; pulse slow and weak; appetite capricious and uncertain; disturbance of vision; vertigo; bleeding at the tongue and

pery elm bark; diet full and nourishing; no fats, nor alcoholic stimulants. Take iodide of potassium two drams in four ounces of syrup of stillingia. Dessertspoonful four times a day.

REMEDY.

Give plenty of fresh, soft vegetables; raw cabbages with vinegar; raw onions with vinegar as soon as the teeth become firmly fixed enough to eat them; beef-tea and milk in large quantities; and whiskey or brandy two or three times a day; "Melville's Elixir of Life;" tonics; quinine and iron; dilute sulphuric acid; twenty or thirty drops in pint of water; drink freely; rinse the mouth freely with permanganate of potassium, ten grains to half pint of water; solution of alum, say thirty grains in half pint of water; keep the person at a moderate

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gums; urine decreases, and is sometimes bloody; breath foul and fetid; face sallow and of a dirty, yellowish hue.

SLEEPLESSNESS.

(Insomnia.)

Commences as a habit, and ends in a disease. It should challenge our earliest attention: night is the time for sleep, not daytime; accustom yourself to sleep at night only, and if you cannot sleep to-night, keep awake till to-morrow night. The signs and causes are: indigestion; joy; sorrow; pain; grief; cold; heat; tea and coffee taken immediately before retiring; intense study; trouble; itching and burning on the soles of the feet; intemperance; a light burning in the chamber will sometimes produce sleeplessness; as will love, "hatred, envy and malice, and all uncharitableness."

temperature, and "don't give up the ship."

REMEDY.

Remove the cause when known; evacuate the bowels; when sleep appears impossible at night, arise from your bed, bathe the head and face in cold water; dry with coarse towel, and brush the hair with a stiff hair-brush; regular cold bathing every morning; take gentle exercise in the open air daily; walking or riding on horseback; bromide of potassium, thirty grains in a small glass of water, just before retiring for the night; bathe the feet in warm salt water; live regularly; take meals at regular hours; go to bed at a certain time every night; and above all, a clear conscience.

SMALL-POX.

(Varioloid.)

Signs.—In about a week after the disease is taken, sudden chills, followed by fever and perspiration. In two or three days more, sickness at stomach; vomiting; diarrhœa; severe pains along the spinal column and particularly in the small of the back; sleeplessness; or if sleep, horrid dreams; pulse full, hard and rapid; tongue coated with brown fur; dry and swollen; an eruption commences with small bright red spots, somewhat resembling measles; begins on the face and spreads over the body; a circle appears around each pock; pus forms which emits a peculiar smell, once experienced is never forgotten. This eruption and smell never admit of a doubt.

SKIN DISEASE.

—See CUTANEOUS ERUPTION, page 43.

REMEDY.

Place the patient in a clean, airy room by himself; warm to 60 or 65°; keep a dish of chloride of lime in the room; open the bowels moderately; give a light, liquid diet, and cooling drinks; warm baths to limbs and person as long as possible; as soon as pustules form, make a thick paint of four or five parts pulverized chalk, and three of cosmoline, and with a camel's hair-brush paint the pustules; there will be no pits; glycerine and starch is also good; prevent scratching; warm baths will hasten the eruption; use carbolic soap; if diarrhœa, give opium; as severe symptoms disappear, increase the diet and give some good tonics and wine. Use no tobacco until the disease is fully developed.

SORES, OLD.**(Ulcers.)**

Sores are various; and are treated by medical writers, under separate captions, as specific, irritable, indolent, varicose, healthy, etc., etc. Specific ulcers or sores are those caused by some particular disease; irritable sores are those which itch and bleed upon being touched; indolent sores are those which are extremely difficult to cure, and which obstinately resist treatment. Varicose are those which come from the bursting of varicose veins. Healthy sores are those which heal naturally and easily when proper treatment is applied.

SPRAINS.**(Subluxations.)**

A sprain is a partial dislocation of a joint; most commonly the

REMEDY.

Wash and cleanse all old sores; good Castile soap, or carbolic, is excellent; attend to the blood; almost all old sores readily yield to cleanliness and blood purifying. Take of syrup of stillingia one pint, iodide of potassium two drams, mix and take dessertspoonful three times a day, (one of the very best blood purifiers in the world.) An excellent lotion for old sores is made thus: Take of nitric acid one ounce, two large copper cents, (let them dissolve in the acid,) when the effervescence ceases put in two ounces good vinegar, (if too strong, add rain water,) brush the sore with this twice a day.

REMEDIES.

Allay the inflammation with warm water, which is one of the best applications for the

wrist or ankle: it is painful and troublesome, sometimes causing other complications. Although not properly a dislocation it is often more difficult to manage than a dislocation or fracture. They are caused by a severe twist of the joint in any direction, beyond the range of natural motion, thus stretching the ligament, and throwing the machinery of the joint out of order. In severe cases the muscles may be torn or bruised and the soft textures so injured that weeks or even months may be necessary to repair the damages.

STINGS OF INSECTS.

Children are particularly liable to be bitten and stung by the various insects with which the country abounds. Bees, spiders, wasps, hornets, scorpions, gallinippers,

purpose in the world; apply tinct. of arnica to the sprain, and wrap the joint tightly in flannel soaked with the same: in very severe cases, poultices made of hops and vinegar may be applied hot as can be borne: in cases of torn or cut ligaments or muscles the wound must be treated as other cuts. Stay the blood-flow with alum, or gallic acid, and heal by the usual method: salves and plasters. Long experience has given me great faith in iodine painting, and I use it on all suitable occasions.

REMEDIES.

Bathe the affected part in strong ammonia water. If bees, humble bees, hornets, spiders or mosquitoes bite a child apply "Melville's Remedy for Burns:" there's nothing better; plantain juice is highly

June-bugs, pinchers, "misketeers," (mosquitoes,) etc., etc. The stings of all these insects are extremely painful, and many of them highly inflammatory and very poisonous. It not unfrequently happens that alarming and dangerous complications accompany or follow the stings of some insects. It therefore behooves all persons concerned to apply prompt and energetic measures to what may appear, at first, even trifling causes.

SNAKE BITES.

The bite of venomous reptiles, rattlesnakes, copperheads, moccasins, black racer and other venomous serpents, and snakes generally, are dangerous, and require prompt treatment. The signs are, headache, sickness at stomach, vomiting, swelling of the part bitten, rapidly extending over the entire per-

recommended: make a solution of aqua ammonia one ounce, laudanum half ounce, vinegar three ounces, sulphuric ether one ounce; mix; shake well together and bathe the affected part every hour or two: vinegar three ounces, indigo half ounce. In severe cases other treatment may be required; open the bowels; apply poultices, drafts, and even blisters; give strengthening diet.

REMEDIES.

If the bite be on the hand or foot, ligature the limb about two or three inches above the bite, so tightly as to prevent circulation, and stop the absorption of the poison into the system: enlarge the wound with a penknife, and apply a large onion bruised, with a handful of salt. Then open a vein below the ligature

son; the tongue becomes thickly coated with a whitish mucus; pulse quick, full and excited; eyes bloodshot; bleeding at the nose, mouth and ears, and sometimes bloody perspiration. The eyes roll wildly in their sockets; frothing at the mouth, and in bad cases, delirium.

ST. ANTHONY'S FIRE.—See ERYSIPELAS, page 52.

ST. GUY'S DANCE.

(Chorea.)

This disease is also known as "St. Vitus' dance," also "St. John's dance." The **Signs** are a nervous fidgeting; convulsive jerking of the muscles of the face; awkward and shambling gait; shoulders jerked up and down; arms thrown wildly about; tongue thrust into the side of the cheek, or out of the

to let out the poisoned blood. Whiskey is considered an antidote for snake bites; let the patient drink as much as he can; fill him up with it. Take a gill of olive oil every two hours until four are taken; rub the oil over the body also; when the swelling subsides, give an active purge.

See also Treatment of Poisons in this book.

REMEDY.

Keep the patient in a state of evenness of temper; keep the bowels open with "Melville's Liver Powder," which also aids digestion; compel sleep in a dark room with hydrate of chloral ten grains in small glass of water, every hour until four are taken or sleep. Atomize the spine with chloroform diluted with one-half water daily. (This treatment is confidently recom-

mouth; breathing irregular; speech impeded, or may be entirely suspended; heart's action irregular; pulse rapid and violent; tongue dry and coated brown; eating, drinking, walking, sleeping, all are interrupted; attacks of various lengths; most common in young girls approaching puberty.

STRICTURE.

(Urethritis.)

This is more properly a consequence of disease than an independent disease of itself. It rarely or never occurs save as a consequence of acute urethritis, or gonorrhœa. It is simply the growing together of the sides of the urethra, or water passage of the male organ, caused by the two raw surfaces coming together and partially uniting; acute inflammation having destroyed the mucous coating

mended as an almost certain cure:) give opium in small quantities for several days. Attend to diet and bathing; keep the feet warm and the head cool. No alcoholics.

This disease is easily controlled if taken in its early stages: if neglected, it becomes obstinate in the extreme.

REMEDY.

In severe cases, where prompt relief is sought, the introduction into the water passage of a No. 6, 7 or 8 bougee, lubricated with an ointment made of nitrate of silver, fifteen or twenty grains; cosmoline, one ounce; will give immediate results. Then inject a solution made of laudanum one dram; glycerine one ounce; tincture of arnica two drams; rose-water three ounces. Inject with a P. P. syringe, every two hours for three

of the internal passage, leaving it in a sore, raw condition. **Signs.**—Great difficulty in voiding water; stream divides into two or three smaller streams, or in severe cases is voided drop by drop with intense pain. It is a most serious and dangerous matter; and demands prompt attention.

SUFFOCATION.

This is suspended animation from impeded breath; and may be caused by inhalation of noxious gases, drowning, smothering or strangling. The appearances in such cases are, face becomes livid; pulsation ceases; lungs of a deep blue hue; blood escapes into the air cells; right auricle and ventricle filled with dark blood; swelling and it may be bursting of the blood vessels of the brain; children are frequently suffocated by

days, and a cure is almost certain. Take a light, nutritive diet, No acids, fats, cheese, nor alcoholics. Open the bowels well with one of "Melville's Magic Liver Powders," and bathe the person daily in warm salt water.

REMEDY.

For suffocation, put the patient in a cool room; friction with salt and vinegar and warm flannels; stimulating fluids, as ammonia water; whiskey; attempt to inflate the lungs; windpipe must be opened if necessary. In cases of children choking with their food, a few smart blows on the back of the child with the mother's hand will frequently set all things right; run your finger down the child's throat; never mind his gagging; feel for the

lodgment of food or other substances in the throat. This state cannot continue long without inflammation, which may be followed by suppuration, ulceration and perhaps death.

SUNSTROKE.

(Insolation.)

A sudden and sometimes fatal attack of unconsciousness, overtaking persons exposed to great heat. The incipient signs are great and frequent desire to urinate; impossibility to hold the water; heat and dryness of skin; thirst; sickness at stomach; oppression at the heart; exhaustion; sleeplessness and delirium; sight grows dim; noise in the ears; unconsciousness; convulsions; face pale; eyes turned upward; muscles relaxed; pulse quick, but feeble; tongue dry and parched; breath short and hurried; tempera-

obstruction, and, if possible, bring it up; vomit it with tincture of lobelia and ipecac, in equal parts, teaspoonful every fifteen minutes, until vomiting is produced.

REMEDIES.

In the most common cases, ice water to the pulses and head; and brandy or whiskey in the stomach; rest; remove clothing, and sponge the skin with tepid, and then cold water; if convulsions, inhale chloroform or sulphuric ether; in cases of extreme prostration, wrap the patient in damp blanket, and sprinkle with cold water, cautiously at first, over face, neck and breast; watch the effect. If consciousness is long in returning, apply a blister (cantharidal) to the back of the neck; apply ammonia to the nose. Give a brisk purge.

ture rises to 110° to 125° F.; in bad cases, patient faints; skin becomes cold. Death.

SWEATS. (Sudor.)

See NIGHT SWEATS, page 87.

SWELLINGS.

These occur from various causes; and are simply morbid enlargements of the whole or any part of the body. Swellings are not the disease, but the indubitable evidences of its presence in some part of the body. They are painful and inconvenient, in many cases interfering with locomotion, and the necessary activity of life; all swellings indicate the presence of inflammation: and its prompt and radical removal should be attempted in the shortest possible time. They may be-

N. B.—Ordinary sun-stroke may be avoided by the simple habit of wearing a large plantain leaf or cabbage leaf in the crown of the hat.

And when exposed to the sun's rays, avoid alcoholics and tobacco.

REMEDIES.

Should the swelling indicate the need of opening, (as boils,) apply the lancet carefully but freely. Poulticing with slippery elm bark and flaxseed meal is grandly useful; bread and milk; boiled carrots; raw potato grated; rotten apple; yeast; plantain leaves; burdock leaves; and many other things make excellent poultices. Warm water and all other warm applications are good to reduce swellings. Tinct. of arnica; tinct. of opium; tinct. of aconite root, and other tinct-

come complicated and dangerous.

ures are very good. Bind the swelling in flannel.

SYPHILIS.

(Pox, Primary.)

This is the worst form of venereal disease, and is known by the common and vulgar name of pox. It stands at the head of the list of complaints met with in medical advertisements, called **secret diseases**, and is a curse of the first magnitude. It is always communicated by infection by contact with the specific virus: its first appearance is confined to the genital organs, an itching or stinging sensation is generally felt at the prepuce of the male, after which a small red pimple with a white head appears and spreads with terrible rapidity until in five or six days it is the size of a five-cent piece. It is highly inflamed, stings and burns, and keeps

REMEDIES.

As soon as a patient is conscious of the existence of these symptoms, let him take immediately a full dose of "Melville's Liver Powder," and while waiting for it to act, let him procure a small quantity of the acid nitrate of mercury, (it is by far the most reliable and certain caustic known.) Take of acid nitrate of mercury one part, water two parts: and with a small smooth stick, cauterize each pimple or chancre fully. The pain will be great, but if properly done, the cure will be perfect. To allay the pain, apply cold water. Then dress daily with warm water and Castile soap, and cover with lint and protect with a common bandage. Cure is almost certain in ten days. Eat no fat meats,

the patient terribly conscious of its presence. . . use no acid, nor alcoholics.

SYPHILIS.

(Secondary.)

We now approach a much more difficult and dangerous branch of the disease treated of in the preceding paper: Primary syphilis, in order to be primary, must be treated within the first ten days of its existence: after that time, it enters the circulation, and becomes constitutional or secondary. And now the afflicted one has on his hands the work of years, or perhaps of a lifetime, to rid himself of this curse. The patient now finds ulcers forming in his throat; red pimples breaking out on the arms, legs and body; which run together and become foul, copper-colored sores; the bones ache; the bridge of the nose is affected; the hair falls

REMEDIES.

Consult a good physician, if possible, but if, from any circumstance, you have been unable to follow the directions laid down for the treatment of primary syphilis, you are earnestly recommended to commence at once the use of the remedies for secondary. Empty the bowels; iodide of potassium four drams in one pint of syrup of stillingia; dessertspoonful three times a day, increase gradually to six. (This is your best bower anchor, and if persevered in will eradicate the disease from the system.) Warm bath daily; sustaining diet; gentle exercise in the open air daily; no alcoholics nor tobacco; no acids nor fats; dress comfortably; and keep the temperature even; treat local symptoms

off; teeth are loosened; gums sore; voice destroyed; and loss of all muscular power. as they rise. Retire and rise early. "And do thyself no harm."

TETTER.

(Barber's Itch.)

See RINGWORM, page 23.

TESTS., EN- LARGED.

I have thought proper to give this subject a separate chapter, notwithstanding the fact that the general treatment of "swellings" applies to this equally with all others: the prevalence of this trouble among seafaring men (of whom I have treated thousands) will be acknowledged as a good and sufficient reason for what might otherwise be thought superfluous. It is obvious that anything of so serious a nature as this should claim the most prompt and careful attention. Do not put it off a single day nor an hour

REMEDIES.

Upon the first appearance of any swelling of the testicles, make yourself a good suspensory bag, and let the testicles rest in it. This may be kept saturated with tincture of arnica, after iodine, which must be applied at once, has failed to reduce the swelling. Frequent bathing with warm water and Castile soap; quiet; with the feet elevated above the head, (two feet at least;) keep the bowels open; use a light nutritive diet, and court sleep in every manner possible. Use no alcoholics nor tobacco, and avoid all excitement.

after its appearance, but fly for the very best remedy.

TIC-DOULOUREUX.

See NEURALGIA, page 88.

TOOTHACHE.

There are few pains harder to bear than those proceeding from decayed or injured teeth. As soon as the teeth give evidence of injury or decay, have them examined by a competent dentist, and those which cannot be saved by filling have removed. Then give daily care and attention to those remaining; clean daily after each meal, with water and soft brush, or bit of white flannel. The best and cheapest dentifrice in the world is compounded as follows: Pulverized orris root, one ounce; pulverized charcoal, half ounce; fine (table) salt, one

N. B.—Take iodine (salt) two ounces; alcohol, 1 pint, ninety per cent.; mix. Paint with camel's hair brush to reduce swellings.

REMEDIES.

When toothache arises from neuralgia, use the remedies for that complaint pointed out under that head. When from decayed or injured teeth, take of pulv. alum, quarter ounce, sweet spirits of nitre, one ounce: dissolve and apply frequently to the teeth; will cure the worst case in a few minutes; or take of gum camphor pulverized, and opium in equal parts, make a paste and plug the hollow tooth. Stop the ear tightly with raw cotton, on the side where the aching tooth is located. Saturate a pledget of raw cotton with oil of cloves, or

ounce; mix and apply with a rag on the finger daily.

TONSILS ENLARGED.

(Tonsillitis.)

See QUINSY, page 98.

TRICHINOSIS.

(Trichiniasis.)

This disease is the result of eating imperfectly cooked meats, infested with *trichina spiralis*. It is generally supposed to frequent the various products of the hog, and particularly the ham. The writer has taken ham from which "poisonous" slices had been cut, boiled, and eaten, producing what was pronounced trichinosis poisoning, and after boiling for two full hours, has been freely eaten with no bad effect. Moral—Cook your hams well. Signs.—(Examine the meat with a powerful glass for the presence of the

oil of thyme, and plug the tooth.

Take morphia sulphate, arsenious acid, and creosote in equal parts, rub on raw cotton, and fill cavity, to kill nerve and aching teeth.

REMEDIES

Must be extremely prompt to be effectual; give a brisk cathartic; follow by glycerine, one dram, and water, two drams: mix, and give every fifteen minutes until four doses are taken; tinct. of iodine and carbolic acid, in equal parts, two to four drops in water at short intervals: benzine is also highly recommended; give quinine in full doses; after these, give light nutritive diet; warm baths (salt if possible) daily, and warm sponge baths on retiring for the night; keep the temperature of the person even; and the body suf-

animalculæ.) Thirst; pulse increased and feeble; tongue dry; vomiting, colicky pains; increasing heat; swelling.

TUMORS.

Tumors are swellings, and there are a variety of them; Cullen defines a tumor to be "a partial swelling without inflammation." The French use *tumor blanche* for "white swelling." There are erectile tumors; fibrous tumors; varicose tumors; laminated tumors; vascular tumors; etc., etc. Good uses the word tumor to signify tubercle; erroneously I think, as I have never seen a tubercle, without inflammation. The term tumor is generally applied to swellings of the larger joints, without change of the color of the skin, and of more or less firm consistence, and which are dependent upon disease of

sufficiently well clad to protect it from taking cold.

REMEDIES.

In addition to what has already been said under the caption of "swellings," we may say: in all cases of tumors, if possible, let the patient have positive rest; regulate the medicine by the variety of tumor under treatment, and keep up the strength of the patient and his general health in the highest possible condition. Poultices may be applied after iodine painting; one of the very best is of bruised poke root, (*Phytolacca decandra*.) Simply roast the root in hot ashes, until soft, and bruise and apply hot as possible. As an alterative also, the same root (one ounce,) with an equal amount of black cohosh, and

the soft parts about the joints. Of these only we shall treat in this article.

TYPHOID FEVER.

(Enteric Fever.)

Of this disease there are four distinct and well-defined stages. **First stage.** Hatching; disturbed sleep; headache, and swimming in the head; diarrhoea; perhaps vomiting. **Second stage.** Actual attack gradual; above symptoms increase; depression; cheeks flushed; pulse from 95 to 130, variable and weak; tongue covered with whitish fur, red at edges and tip; great thirst. **Third stage.** Progressive development; headache over the eyes; gurgling sound on pressing the right flank; sometimes bleeding in the bowels; eruption on the body. **Fourth or advanced stage.** Above symptoms con-

gum guaiac in a pint of whiskey. Tablespoonful three times a day.

REMEDIES.

On the first appearance of the disease, disinfect everything; then give quinine in ten grain doses, two or three times a day; treat the symptoms as they arise; bromide of potassium and chloral, for restlessness; injections of laudanum and starch for diarrhoea; tannic or gallic acid for bleeding at the bowels; and ice over the right flank; rest; plenty of fresh air; tepid sponging twice daily; diet of milk, beef-tea, custards; toast water; barley water; gum arabic water; rice, etc., etc. A preventative and cure for bed-sores is to bathe the parts in alcohol daily. For the first two weeks use "Lugol's Solution"—made thus: two-thirds of a grain of iodine, twelve grains

tinue; tongue becomes dry and brown; breath offensive; giddiness; deafness; sleepiness. Look out for and prevent bed-sores. (Wash with alcohol.)

ULCERS.—See OLD SORES, page 114.

URINE.

(Incontinence in Children.)

Nothing is more common or more annoying than the habit which almost all children (and many children of a larger growth, also) fall into, of that peculiar form of incontinence, known as wetting the bed. This difficulty is generally owing to checked perspiration, in which cases care must be taken to remove the cause. In adults more elaborate, and probably longer continued treatment may be requisite. But as a general principle, all may be cured if taken in time. Inflam-

of common salt in pint of water. Take four minims in water, three times a day. For an explanation of the germ system of typhoid fever, parasites, and bacteria, see the article on New Theory of Disease in this book.

REMEDIES.

When the disease is hereditary, (and not dependent upon "inflammation of the bladder,") the treatment must be of a tonic character: give of tinct. uva ursi one ounce, tinct. longleaf buchu one ounce, "Huxham's Tinct. of Bark" one ounce, cinnamon water five ounces; mix, and give dessertspoonful three or four times each day. The tincture of cantharides in citric acid water is very highly recommended for this disease in patients of all ages. The writer has a remedy of his own which will be sent to any address;

mation of the bladder is indicated, where there is a constant desire to void the urine.

URINARY ORGANS,

(Disease of.)

It sometimes occurs, and particularly among seamen, that blood is found to pass off with the urine: clots will form at the bottom of the urinal, which will stain cotton or linen, and by this means the bloody character of the urine may be ascertained; should there be purulent matter in the urine, there is danger of ulceration somewhere in the urinary passage. It may also arise from external injury, as bruises, blows, falls; straining, lifting heavy weights; jumping, or even riding on horseback. It may also arise from stone in the bladder, calculi in the


children, one dollar, adults two dollars; which he will warrant to cure, or refund the money. It has never been known to fail!

REMEDIES.

For all hemorrhage or bleeding of the urinary organs, there is no remedy known which is superior to marsh-mallows. There are two species, both are good, and they grow almost everywhere. The leaves or root will do. Boil one ounce of either in a pint of water, and drink all in a day. If there is much blood, put in ten grains gallic acid to each pint; cold sponge baths; sustaining diet; mullen leaves and horse-mint in equal parts made into tea, and drank freely, a pint or more each day, is excellent. Should stone in the bladder be suspected, give cathartics; open the bowels and drink hydrangea tea.

kidneys, or in the ducts leading from the kidneys to the bladder ; if from the bladder sharp pain in the back. When in port, consult a good physician, and live in a regular manner.

VACCINATION.

Every vessel-master and every head of family should be capable of performing the act of vaccination in a proper manner. The left arm two inches below the ball of the shoulder is the proper place, and a lancet or sharp penknife the proper instrument ; scratch the arm in this manner,  and rub the virus from quill or scab on the wound, which should bleed a little ; and then to insure its taking, cover the wound with a piece of adhesive plaster, to protect it from injury. Every captain, upon entering an infected port, should ascertain if his crew have all been vaccinated within five years, and if not, he should do it. Rest assured, it will pay. Protect the arm from irritation and injury, and watch its development. In three or four days a small hard reddish elevation appears, which is accompanied with itching and burning. About the seventh day a distinct vesicle is formed, and on the ninth day the areola, or colored circle appears, and continues to enlarge until it attains sometimes an inch in diameter. About the tenth or twelfth day it begins to dry up, and leaves a hard, brown scab which drops off about the twentieth day. There are no infallible marks by which it can be positively proven whether the vaccination is genuine or spurious. Try again. If genuine it will not take again.

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NOTE.—In the last century, before vaccination was discovered, the mortality from small-pox was 3,000 per million. With voluntary vaccination the proportion was reduced to 600 per million, State-aided vaccination reduced it to 305, and compulsory vaccination brought it down to 146. It is not necessary to attribute this vast and beneficent reduction in the virulence of a loathsome and dreaded disease entirely to vaccination. Sanitation may be credited with its fair share, but its share is limited, and can, as Sir Lyon Playfair showed, be determined with reasonable precision; while the reduction in the prevalence of small-pox concurrently with successive increases in the stringency with which vaccination has been enforced establishes a presumption in favor of vaccination so strong as to amount in the minds of reasonable men to practical certainty. So much for the argument that vaccination is no protection against small-pox. As for the statement that vaccination may in certain cases induce other diseases, it must be admitted that in rare and exceptional cases such communication has taken place. But the evil effects due to this cause cannot for a moment be compared to the infinitely greater beneficial effects due to vaccination when unaccompanied by any such effects. Where 3,000 persons in 1,000,000 would have died of small-pox in the last century, only 146 out of 1,000,000 will die in the present day, and probably not one out of 1,000,000 of vaccinated persons ever suffers any evil effects from imprudent or infected vaccination. Even if the proportion can be shown to be far greater, that is only a reason for greater care and caution in the practice of vaccination, and affords no ground whatever for abandoning the practice altogether.

VARICELLA.

(Chicken-Pox.)

Which see, page 31.

VACCINIA.

(Cow-Pox.)

See Cow-Pox, page 42.

VARIOLOID.

(Small-Pox.)

This is simply "small-pox" after vaccination, and is easily managed: the number of pustules is diminished; the course of treatment shortened; the disease mild in form; and there is little or no pitting. The genuine small-pox odor is absent. If the temperature range high and complications threaten, keep the bowels open by means of gentle laxatives or simple injections. The symptoms must be met as they appear, and in severe cases treat as you would small-pox, which see.

Wm. R. Warner & Co., dealers in physician's supplies, No. 1228 Market st., Phila.

REMEDIES.

In all cases of this kind give prompt attention to diet, cleanliness and ventilation. In relation to diet: cooling drink, milk, etc., etc. Jellies, soups, oysters and beef-tea, may be added; frequent warm or tepid sponging; exclude the air from the face; cool lotions to prevent itching and irritation: make a paste of glycerine and starch and brush over the face with large soft brush two or three times each day. Carbolic acid one dram, glycerine six drams, is an excellent preparation in such cases.

All the "Melville Remedies" can be obtained at the office of F. C. Melville, Physician and Surgeon, No. 1620 Richmond street, Philadelphia, (take red car on Second and Third streets line,) and ships' medicine chests filled with fresh medicines at short notice.

VOMITING.**(And in Pregnancy.)**

In children, this generally arises from overloading the stomach with food of some kind, either suckling too much, or feeding too much. If the milk is in a curdled state when ejected from the stomach, it argues too strong food; and will require some milder article. Most women during the early months of pregnancy, especially with the first child, suffer from sickness at the stomach and vomiting. It is desirable to get along, if possible, without taking medicine. A recumbent position, a glass of cold water and a few hours abstinence from food, will quell the disturbance, and in a short time it goes away.

REMEDIES.

In case of vomiting in children, the bowels may be opened with a mild laxative, as magnesia and rhubarb combined; three grains is a dose, and once in three or six days is often enough. If this should fail to give relief, cleanse the stomach with powdered ipecac 2 grains, in a tablespoonful of water. Apply over the stomach warm camphorated spirits and bathe in warm water. In pregnancy, give tinct. of larkspur one dram in water two ounces, divide into two parts, and drink half hour apart; or "Ingluven Powders," prepared by Wm. R. Warner & Co., 1228 Market st., a certain cure; or chamomile (tinct.) in thirty drop doses every three hours in ounce of water.

Any of Dr. Melville's Remedies will be sent to vessels when ordered by mail, C. O. D.

WATER BRASH.

(Pyrosis.)

This is an accumulation of a watery fluid in the stomach. It is sometimes acid, when it is attended with more or less pain. It is vulgarly called heart-burn and the discharges are sometimes viscid, or ropy like the white of eggs. It causes belchings and eructations, and is caused by derangement of the stomach, and the digestive organs. Many persons who are troubled with water brash have recourse to chalk-eating as a cure. Let it alone! (I mean the chalk.) And take only such medicines as are calculated to remove and overcome the cause. Men suffer with the disease more than women.

VENEREAL DISEASE.

See SYPHILIS, pages 122, 123.

REMEDIES.

Remove the cause; quit the use of tobacco, and spirituous and malt liquors; avoid greasy food; fat meats, acids, cheese, and use pepper, mustard and salt in very limited quantities. Take tepid or cold baths, and gentle exercise in the open air daily. As a sure remedy, take senna leaves, one ounce; balsam of tula, one ounce; pulv. golden seal, half ounce; pulv. jalap, half ounce; pulv. fennel seed, half ounce; put in half pint of boiling water; stir well, and when cold, add one and one-half pints of good whiskey. Let stand twenty-four hours, and take table-spoonful two times each day. There is nothing better.

If prejudiced against whiskey, substitute Warner's "Elixir of Calasaya" in its place.

**WOMB, FALLING
OF.****(Prolapsus Uteri.)**

Falling of the womb may be due to several causes: pregnancy; inflammation; congestion of blood; enlargement; tumors; polypus; leucorrhœa; constipation; distention of the bladder; straining; lifting; distress of mind, and many other causes which affect the nervous system. There is no disease to which humanity is heir fraught with such intense and long continued suffering, as womb troubles; probably the delicacy of the subject prevents many refined and sensitive women from applying for professional aid, until the intensity of the suffering compels it.

REMEDIES.

As soon as the first symptoms of womb complaint appear: pain in the small of the back; tired feeling in the morning; pain in the groins, and a white or dirty white mucous discharge from the vagina, commence at once to treat the general health; syringe the birthplace with cold water, three or four times a day; take sponge baths, with tepid salt water; gentle exercise in the open air daily; and a good sustaining generous diet; plenty of good, lean, rare, roast and broiled beef; mutton and game; milk, soups, and oysters, egg-nog and milk-punch, "Melville's Elixir of Life;" use of flesh brush, etc., etc.

All the "Melville Remedies" may be obtained at the office of F. C. Melville, Physician and Surgeon, No. 1620 Richmond street, Philadelphia, and will be forwarded by express C. O. D. to any address in the United States.

WOMB COMPLAINT.**(Continued.)**

A great many ladies suffer untold agonies from a little bit of vanity, which more frequently arises from ignorance than from any other cause. A desire to be thought unusually smart, induces many a young mother to arise from her bed with her child, long before she ought to do so. This is the inducing cause of more womb complaint, than any other known. In treating womb complaint, whenever it becomes necessary for the physician to make an examination, the greatest possible tenderness, delicacy, and modesty must be observed. There is never any necessity for exposure unless treatment for ulceration is required. In that case the operator must remember his mother, sister, wife.

REMEDIES.

In cases where the disease has become chronic, don't use a pessary; they are only a curse. Strengthen the system with tonics, and syringe with powerful astringents, as white oak bark; tannic acid water. The following is a most excellent preparation for syringing, cheap also. Sulphate of zinc, twenty grains; sugar of lead, twenty grains; glycerine, one ounce; tannic acid, one dram; water, one pint. Shake well together, and syringe birthplace twice a day. Throw in two ounces and let it remain as long as possible. (The writer has devoted thirty years to the treatment of womb complaints, and will guarantee a perfect cure to all who will implicitly follow his directions. No cure, no pay.)

NOTE.—See advertisement on page 168 of this book.

**WORMS, INTES-
TINAL.****(Helminthiasis.)**

Round or stomach worms are often found in children. There are three varieties of intestinal worms; the round worm, the pin or thread worm, and the tape worm. The signs of the existence of worms are: an uneasy, gnawing feeling about the stomach; appetite, variable, often voracious; belly swollen and hard; countenance pale; eyes sunken; nose constantly itching; (child picks it;) costiveness; hic-cough; disturbed sleep; muscular twitching; grating of the teeth; nervous irritation; foul breath; pain in the bowels; sickness at the stomach. Worms are not confined to childhood. Adults of sedentary occupations suffer from pin worms.

REMEDIES.

Give a smart purgative; wormseed and molasses in equal parts; teaspoonful twice each day; wormwood tea; thoroughwort tea; tansy tea, are all good; take of pink-root one ounce; senna one ounce; steep in one pint of water, divide into four parts, and give one part each night. Another excellent remedy is pink-root, senna, m a n n a, and American wormseed of each half ounce, powder and add pint of boiling water; let stand overnight, and sweeten with molasses and add a little milk. To a five year old child, give a gill three or four times a day on an empty stomach. If it does not purge, repeat until it does.

Any of Dr. Melville's Remedies will be sent to vessels when ordered by mail, C. O. D.

WORMS.**(Tape Worm.)**

The best possible proof of the existence of tape worm is the passing of sections of the worm; other signs are, itching of the nose and anus; lassitude; wasting away of flesh with a good appetite; indigestion; salivation, more or less severe; faintness; windy pains in the bowels; palpitation of the heart; cramps in the limbs; and in females sometimes hysteria. Tape worm is by no means confined to adults. The writer has expelled one thirty-one feet long from a young miss eleven years old, in Lancaster, Pa., in June, 1871. In this case there was no positive proof of the existence of the worm until forty-eight hours before its passage.

REMEDIES.

For pin or seat worms in children or adults, make a few small pills of socratine aloes and glycerine, and with the finger place one in the rectum at night; follow it up until rid of the pests. For tape worm, one of the most prompt and useful remedies I have ever known is, take spirits of turpentine and castor oil of each two ounces, mix and shake well together, and divide into four doses; give one in the morning, followed by a cup of warm Columbo root tea. Follow this up until the worm is expelled—morning and evening. I have never known it fail. Give one-half dram of the oleoresin of malefern in capsules on an empty stomach.

All the "Melville Remedies" can be obtained at the office of F. C. Melville, Physician and Surgeon, No. 1620 Richmond street, Philadelphia, and ships' medicine-chests will be filled with fresh medicines at short notice.

WOUNDS, (Various and General.)

Wounds are generally designated by the instruments with which they are produced. There are incised wounds, which are made by a sharp cutting instrument; punctured wounds are made with a pointed instrument; lacerated wounds are made with a dull instrument, as a saw or a stone; contused wounds are simply bruises, the skin not being broken; gunshot wounds are produced by a discharge of the contents of a gun or pistol. There are also other wounds, such as poisoned wounds, which will be found treated under their appropriate head. In dressing wounds of all kinds, always keep perfectly cool.

REMEDIES.

Check the flow of blood with pulverized alum; common salt; cold water; lint; colloidion; cobwebs; one of the very best things in the world for this purpose is gallic acid; hold it on the wound until the flow of blood ceases. Tannic acid is also good; tincture of arnica. For punctured wounds, open the bowels with a brisk purge; give of laudanum twenty drops; if the blood should be of a light red hue, look for the artery, and with your fingers or a pair of tweezers, take it up and tie it, leaving the ends of the string hanging out of wound, so that they may be cut off after it has healed up.

All the "Melville Remedies" can be obtained at the office of F. C. Melville, Physician and Surgeon, No. 1620 Richmond street, Philadelphia.

Things that are Worth Knowing.

The air we breathe is composed of two gases, oxygen and nitrogen. There are, in every hundred parts, of nitrogen about 79.10 and of oxygen about 20.90, by measure. These gases become deadly when separated, and the life-giving principle, the oxygen, if deprived of its companion, would no longer retain its character, but would become destructive to animal life. Atmospheric air undergoes a great change in the human lungs; and when it is ejected is poisonous for further breathing, until by mingling again with free air it regains its life-sustaining qualities. Hence the necessity of a constant mild current of fresh air passing through every part of our habitations! The dwellings, school houses, churches, vessels, workshops, factories, sleeping apartments and every other place, where men, women and children breathe, must be fully ventilated, and a free and gentle current of air (and sunshine when possible) forced through them at all times. This is essential to health of both man and beast. One very important cause of the terrible mortality among children in the crowded houses of large cities (and of crowded emigrant ships) is the absence of a full supply of fresh air, daily and hourly. Therefore ventilate your habitations, your workshops, your vessels, everything. The cost will be small, the benefit immense!

Stopping Holes in Ships.

In the life-saving section of the London Fisheries Exhibition is shown a simple little contrivance for stopping holes in ships, which has been before the public for one or two years, and has

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during that time been instrumental in saving more than one vessel from destruction. It is known as J. W. Wood's self-adjusting rivet-hole and leak stopper, and is applicable to ships, buoys, boilers, torpedo-boats, etc. It consists of an iron disk covered with felt, which screws on to a rod, at the end of which is a joined T-piece. Supposing that a shot hole in a ship's side has to be stopped, the T-piece is thrust through the opening, and the jointed piece put crossways, so that it cannot be readily withdrawn. The felted disk is now slipped over the rod and screwed firmly as far as it will go, and the operation is complete. The disks, of various sizes and shapes, are supplied to the admiralty, and are coming into extensive use in the merchant service. The importance and efficiency of this invention have been recognized by the Society of Arts by the grant of their Albert silver medal.

Flowers in Sleeping-rooms.

Don't have them there. They suck from the atmosphere the oxygen which is necessary to the health and comfort of the sleeper. Although "a thing of beauty, and a joy forever," there is a proper and legitimate place for them, and that is not the sleeping-room nor the sick-room. Everything which has a tendency to interrupt, or in any manner interfere, in the free circulation of the air of the sleeping or sick-rooms, must be removed. Flowers may be admitted to either at suitable times; the patient or the sleeper may admire and enjoy a bouquet as they would any other beautiful thing; but they must be relieved of it before they go to sleep. Per-

sons retire to rest at night for the purpose of sleeping : and the business of the sick is to get well.

Sick-room Philosophy.

The sick-room should be kept moderately light; enough so to impart to it an air of cheerfulness. Don't have it encumbered with a whole "furniture warehouse." Remove all things not indispensable. Keep the bedding and personal linen of the patient scrupulously clean; changing both as often as necessity requires. Let the sunshine in daily if possible; remove all faces and chamber slops, at the earliest possible moment, and neutralize any unpleasant odors, by burning a pinch or two of ground coffee in the room. Frequent sponging of the patient's face and hands with bay rum or dilute alcohol is very grateful and refreshing.

To Purify Water.

Pure and good water is almost as much a necessity of life as pure air. They "who go down to the sea in ships, and do business in the great waters," and who are compelled to carry their supplies of water with them, will be grateful for the following hints, which will assist them materially in purifying their supplies of drinking water. A tablespoonful of pulverized alum put into a cask of water will precipitate all the impurities to the bottom of the cask, and enable you to dip or draw from above the bottom, water as pure and limpid as the dew. It has no unpleasant taste, and the alum cannot be detected. This is the great secret of the man who offers you the patent "filterer" for sale. Alum is the great agent. Water that has

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stood in casks for any great length of time, say ten days or more, should never be used for drinking purposes, without first having been boiled. The cook or steward on every vessel should be instructed on each morning to boil as much water as may be required for drinking, during the day. This should be set aside, and if you have ice on board all the better. All water is improved by boiling, as it cooks the animlaculæ with which all water swarms.

How to Save One's Self from Drowning.

W. H. Pottinger, of Hamilton, Ontario, Can., an experienced swimmer, furnishes the following few remarks upon the vital importance of knowing how to keep one's self afloat when suddenly immersed in deep water: "When you find yourself in deep water you will sink first a few feet down, but if you do not struggle you will come quickly to the surface again, which on reaching immediately draw a full breath, throw your head back, and this will have the effect of placing you in a recumbent position on the surface of the water. Now, this is a most critical time for those who don't know what to do next. Extend your arms at once on a level with your shoulders, palms of hands downward, so that the water cannot penetrate them, and begin gently paddling the water, with the movement of the hands from the wrist only. Extend your legs quietly and slowly in a line with your body. If you raise your arms or your legs above the surface of the water you will sink, but if you have the presence of mind not to do so, or struggle about, you will never sink so long as you keep paddling gently, without exertion,

with your hands, and so you may float on until you are picked up or until you are numbed by cold."

Disinfectants and Deodorizers.

The difference between a "**disinfectant**" and a "**deodorizer**" is this: a disinfectant is an agent that attacks poisonous, miasmatic, or putrescent matters, and by breaking up their constituent elements, transforms them into innocent products. A deodorizer merely masks or at most destroys a bad odor without reaching the real spirit of the evil. Its action is not on the putrid product, but merely on the sense of smell, which it blunts to the action of the offensive vapor. During the prevalence of the plague, black death, sweating sickness and pestilential fevers in England during the middle ages, large amounts of money were spent in essential oils, frankincense, and costly spices, to neutralize the effects of the diseases, but without avail. Deodorization is of but little use. Commence at the bottom, destroy or neutralize the cause and the effect will cease spontaneously. The name of "**antiseptics**" is given to a class of agents which give stability to organic matter, and prevent its putrefaction and decomposition. Well-known examples are common salt for preserving meats; sugar for preserving fruits, and vinegar for pickling; creosote and wood oils for preserving smoked meats. Disinfectants are of two kinds, natural and artificial.

Disinfectants, Natural.

The atmosphere is a great natural disinfectant. It removes contamination by its cur-

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rents, and neutralizes it by its power of oxydation. Water is another powerful disinfectant. But as putrefaction cannot take place without moisture, water may be classed as one of the greatest promoters of corruption also. Soil or fresh earth is an efficient agent in subduing putridity, and neutralizing decaying animal and vegetable matter. Light, heat, and cold also exercise a powerful influence in disinfection wherever there is cause. Fire is one of the best in the world, and can be easily applied to purify ship, house, workshop, school or church.

Disinfectants, Artificial.

The best, cheapest and most available disinfectant in the world is charcoal. Its disinfecting qualities are mostly due to its great porosity. Freshly burned charcoal will absorb fifteen per cent. of its own weight in moisture and gases from the atmosphere in twenty-four hours. It loses its disinfecting power by use, but can be restored to full efficiency by moderate heat. All kind of putrefaction may be arrested by charcoal. Meats of all kinds, fish and game can be preserved by it, and animal matter in all stages of decay loses its offensive odor, when covered with a layer of charcoal. Peat charcoal one part, quick-lime one part, gravel four parts, dissolve night soil, and deodorize all filth.

Quick-lime, Gypsum and Porous Clay and Coal-tar

Are all cheap and efficient disinfectants: lime is excellent to scatter around in the hold of vessels, in cellars, around sinks and cesspools, and in all places where miasmatic and noxious

vapors are likely to arise: use it dry, generally; the air will slack it. For over-crowded sleeping apartments, and for sick-rooms, add water until a thick creamy substance results, and let it sit around the rooms, in shallow earthen dishes. Following is an English Patent Disinfectant: oyster shells are burned in a furnace until they pulverize easily. To this is added one-half the quantity by weight of sulphate of iron (copperas); the result is a fine yellow powder. It is both cheap and efficient. Gypsum, or as some call it "plaster of Paris," and porous clay are good and cheap disinfectants. Some years since, all France went mad over what was known as "Corné and Deméaux's Disinfecting Powder," which is nothing more nor less than powdered gypsum ninety-four parts and six parts coal-tar. Hyposulphite of lime will arrest the process of fermentation, and prevent cider from becoming sour. It is also used for aiding the granulation of sugar from the cane. Coal-tar is a very powerful disinfectant also; but should be used with great caution, as it is composed of creosote and carbolic acid.

Chlorine.

Chlorine must be introduced into the sick-room with great care, in consequence of its ability to speedily tarnish all metallic articles. It is placed in the front rank of disinfectants; it is used in a free state as a gas, also in combination with lime or soda. It quickly destroys noxious gases, and the organized molecules of the miasmatic matter itself. Its penetrating quality enables it to reach all poisonous gases, and it will almost instantly remove all infection

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from an atmosphere charged with typhoid or malarial poison. In the form of chloride of lime, it may be sprinkled around in damp, malarial places. For the sick-room, or general apartment, mix it with a small quantity of water, making it the consistency of thin paste, and set it upon a high shelf in an earthen dish. For disinfecting hospital wards the following is Prof. Faraday's method of preparation: common salt one part, binoxide of manganese one part, two parts of oil of vitriol previously mixed with one part of water, left until cool. The oil of vitriol and water are mixed in a wooden vessel; the water must be put in first, one-half the vitriol added, and after cooling add the other half; mix the salt and manganese well. Expose in earthen vessels.

Gas.

Every gas consumer should keep a strict watch upon the meter. See that it registers correctly, and that the gas is of a good quality. In Paris, there are public meters, which indicate the quality of the gas consumed at any and every hour of the night, to which the public have free access at all times. It would be a great blessing if such were the case in some of our American cities, where the consumer is made to pay for a very inferior quality of gas, as well as for double or treble the quantity consumed. See that the meter sits perfectly level, and (if a wet meter) that the proper quantity of water is in it. Learn to read the meter.

NOTE.—When we are threatened with a visit of Asiatic cholera, it becomes every householder to see to it that his drains, cellar, cesspools and all out-houses are thoroughly disinfected and cleaned: keep the liver active, and there will be little danger.

How to Read the Gas Meter.

When the door of the meter is open three dials are exposed, like the dials of a clock. The right hand dial expresses hundreds; the middle one, thousands; and the one at the left hand, tens of thousands. The meter, or measure, must be read by the last figure which each index has passed. Thus, if the indexes of all the hands are between 6 and 7, it must be read 60,000, 6,000, 600; that is, 66,600. If the left is at 6, the middle at 7, and the right at 8, it must be read 67,800. When the state of the meter is taken, subtract the last statement from the present, and the remainder will be the amount of gas consumed. Thus, the present is 78,900 and the last statement was 67,800

Consumption, 11,100

To Remove Stains from Dresses, etc.

To remove stains from silks, satins, broadcloths and other fabrics, no general rule can be given. Grease may generally be extracted by the patient use of benzine, sulphuric ether, chloroform, spirits turpentine, soap and water, etc., etc. The following preparation is used by professional cloth cleaners to remove spots from delicate fabrics: Take of rectified alcohol sixteen ounces, sulphuric ether one ounce, carbonate of potash ten grains; mix, and put in a closely stoppered bottle. Apply with a sponge or woollen rag. In case of staining with acids of any description or removing the color, first apply aqua ammonia, to neutralize the acid, then chloroform will in most cases restore the color. Ox-gall has been used for removing grease and

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dirt stains from fine woolen fabrics and delicately colored goods. It is a liquid soap, and removes stains in the same manner; but care must be taken to wash it all out after using, as its smell is anything but agreeable. To remove ink stains, or iron rust, use oxalate of potash, or even lemon juice; apply the oxalate in powder, after moistening the spots with water; after allowing to stand an hour or two, wash out with clean water. Oxalic acid is still more powerful; but must be watched or it will destroy the fabric. Stains from indelible ink must be soaked in salt and water, and afterwards be washed in aqua ammonia.

Nursing the Sick.

This is a science in itself. Most experienced nurses will attend to the great business of nursing properly; the administration of food and medicine at proper times; the regulation of temperature and ventilation; the proper adjustment of the bed, and bed-room furniture; these are the weightier matters, but the "mint, anise and cummin" must not be neglected. Don't permit any unnecessary noise in or near the sick-room: quiet is always an excellent medicine. Don't allow any one, children or grown person, to burst into the sick-room, in a hurry. It frequently disturbs the nervous system, and sets the patient back for days or even weeks. Never allow your patient to be surprised under any circumstances, and if the nurse understands her business, it will be prevented. Generally, no visitors, or, at most, only a few, must be admitted to the sick-room. The intelligent physician will give directions on this

point, which the nurse will carry out to the letter. There is more harm done by the practice of admitting old gossips to the bed-side of the sick, especially sick women, than can be imagined by those not acquainted with actual results. Don't allow it! Put your foot upon it! And upon them also, if they won't take a hint otherwise. Never permit whispering in a sick room! What the patient may not hear must not be said at all. Speak in low tones. But never whisper.

To Remove Fruit and Wine Stains.

The stains produced by wines, fruits, and colored vegetables are by no means easy of removal. As soon as discovered, they should be thoroughly rubbed with a suds of borax soap and soft water; dip repeatedly in sour buttermilk; and dry in the sun; rub on a thick paste of starch and water (cold), and expose to the rays of the sun for hours; then wash out. One of the best methods of removing such stains from white goods, as table cloths, napkins, etc., is to soak them over night in a strong solution of chlorine water, and in the morning wash them in the usual manner, in good borax soap-suds. To set colors in calicoes, etc., before washing, dip them in ammonia water.

The Best Whitewash

in the world is made as follows: half bushel un-slacked lime, slack with boiling water; cover to keep steam in, strain when cool through a fine sieve. Add a peck of rock salt, previously dissolved in boiling water; three pounds ground rice; half pound powdered Spanish whiting;

one pound clean glue, previously dissolved in the usual manner. Add five gallons of hot water, and cover, and let stand a few days. It should be applied hot as possible, and with a paint-brush. A pint of this wash will cover a square yard of surface; it retains its brilliancy for years, and for wood, brick, or stone-work is as good as oil paint. There is nothing better as a whitewash known.

Good Teeth. Best Dentifrice.

A set of good, clean, sound, healthy teeth, is an element of beauty in any human being, male or female, through the whole of God's glad creation. It is a mighty convenient thing to have also, as every unfortunate who has experienced the loss of one will readily inform you. We abuse our teeth, as we do everything else we possess, as soon as we are old enough to have them. Picking them with all sorts of improper instruments, we knock off the enamel, and thus open the way to early looseness and decay. Neglect of proper washing after meals is another positive and direct road to ruin for the finest mouthful of teeth a man or woman ever possessed. Let every child comply with the following simple directions, and tooth-ache, dentists, and Sozodont, will all have to find other employment or a home in "Kingdom come." Immediately after each meal, when you rise from the table, take a little piece of muslin or a soft brush, and remove all particles of food from the teeth, and then rinse the mouth thoroughly with cold water. Each morning when you rise from bed use the following dentifrice, which is the best and cheapest in the world: Pulverized orris root, pulverized charcoal, and common

table salt ; mix in equal parts. Use a rag and a little water. A brush is too hard.

Eyes vs. Spectacles.

Don't put on glasses or spectacles until you are positively compelled to do so. The eyes, like all the other organs of the human system, were intended by our beneficent Creator to last us as long as we live ; and if we are taught in childhood to take proper care of them, they will do so. Glass eyes were never contemplated in our original construction, any more than were wooden legs. Both are the results of the chapter of accidents. But we learn much earlier to take care of our legs than of our eyes ; hence there are in use five hundred pairs of glasses for every pair of wooden legs. John Quincy Adams, of Massachusetts, lived to be eighty-six years old, and never had to wear spectacles. Thousands of others have done the same. Are their eyes constructed differently from yours or mine ? By no means. But as Mr. Adams himself tells us, his attention was called to the value of good eyesight at a very early age ; and he at once commenced using the means to preserve it. The eyeball in a healthy state is perfectly round, and were it always kept so, spectacles had never been invented. But by rubbing the eye down from the nose in washing, the eyeball becomes flattened, and the sight impaired. Always wash toward your nose, and your eyesight will always be good.

The "Perambulator."

The idea may be deemed exceedingly vulgar, but unfortunately it is nevertheless true, that nearly every house in this country is infested

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with that little perambulating pest known as the bed-bug. He is a nuisance of the first water ; an eighteen carat sealawag ; and an unmitigated cuss, pure and simple. He is most emphatically, " the pestilence which walketh in darkness," and the marauder which stinketh at noon-day. He is a friendless cuss ; his hand is against everybody, and everybody's hand is against him. How to quell him, how to banish him from our homes and beds, is a question which has vexed more pious housewives, than any doctrinal point in Paul's Epistle to the Hebrews. The following methods are recommended : They cannot stand alum. Take two pounds of finely pulverized alum, dissolve in four quarts of boiling water. Apply hot as possible to every crevice and joint of the bedstead, floor, and washboard around the room, and to every place where the bugs find a hiding-place. Apply it freely, and you will have no more trouble from them that season. If they have entrenched themselves, and seemingly taken possession of the room, then close the windows tightly, stop up the keyhole and cracks around the door, then take four ounces of sulphur, and one ounce of alcohol, put on a large shovel, place the whole in an iron or tin vessel and set fire to the brimstone and shut the door. In an hour or two they'll be no more.

Hair Dye.

Don't color your hair. It is difficult to improve on the natural hues. And as the eyes and complexion generally match the hair, coloring the latter would seem little short of ridiculous. However, if you must dye, here is the best, most harmless, and cheapest "hair dye" known :

Take of unslacked lime, two ounces ; litharge, six drams, powder finely, and pass through a fine sieve. Add as much hot water as will make a paste thick as cream. Mix well and apply thoroughly to the hair, on retiring for the night; after saturating the hair well, wrap in common brown paper or cabbage leaves, then a towel, and over all a nightcap. In the morning, wash thoroughly with soap and water, after combing out the dry powder, and dress the hair with "Melville's Magic Scalp Cleaner." This is the finest hair dressing ever invented, and the cheapest.

To Make Shoes Wear Well.

Fill both sole and upper with linseed oil, until they will absorb no more. Lay aside for a month or two. To keep the water out of boots and shoes treat them to a coating of tallow and resin in equal parts, melted over the fire until perfectly mixed. Should you desire them to take an immediate polish, mix beeswax, turpentine and lampblack in equal quantities, and apply cold two days after the tallow and resin. They'll shine like a bottle.

Menorrhagia, and Uterine Hemorrhage.*

By special request, I here insert some remarks upon the subject of menorrhagia, and uterine hemorrhage :

The subject is certainly one of sufficient im-

*Any person wishing to consult Dr. Melville upon this or any other subject, can do so by letter, with perfect freedom and confidence, being assured of respectful attention.

portance to need no apology for its introduction into a work of this character. Menorrhagia is an excessive flow of the menstrual or monthly discharge in females, and is generally superinduced by weakness, leucorrhœa, or whites, and improper employments, during the existence of the catamenial discharge. It is extremely weakening in its effects, and unless promptly checked, will soon reduce the patient to a state of great debility. In most cases, perfect rest, in a horizontal position, with the feet elevated a foot or two above the elevation of the head, will give relief. If not, dissolve one dram of gallic acid in a pint of cold water, and syringe the birthplace every hour, throwing in from two to four ounces each time, and retaining it there as long as possible. (Remain in the horizontal position with the feet elevated,) and take tincture of opium, 15 drops every three hours, until sixty drops are taken. Or "Diaphoretic Powders," (opium, camphor, ipecac, capsicum, and cream of tartar,) fifteen grains, in a dessertspoonful of syrup or honey, every three hours until four doses are taken. Stop taking for twenty-four hours. Keep quiet, and the feet elevated.

Uterine Hemorrhage, as understood in contradistinction to menorrhagia, is always produced by violence, and that violence is generally inflicted by the woman herself in the pursuit of improper and illegal practices. There is at this moment an advertisement going the rounds of the city, of the French pessary, the object of which is to gull the ignorant and vicious out of \$5, for an article which is utterly worthless for the purpose for which it purports to be made. It is not new; but an article which every physi-

cian well knows and abominates, as a terrible humbug. Ladies, let pessaries severely alone! They are only evil, and that continually; for in addition to the original womb disease, that caused by wearing the pessary must be cured also. Accept no French pessaries from any one. If you have womb troubles consult a reliable physician. Your own tampering with pessaries will only make you worse. For uterine hemorrhage, the following are the best prescriptions known:

Take sulphuric acid, five drams; spirits turpentine, two drams; alcohol, two drams. Mix the turpentine and acid slowly; then add alcohol; stop tightly. Dose: forty drops in sugar every three hours. Another: Take of benzoic acid, one dram; pulverized alum, three drams; water, four and a half ounces. Mix, and syringe the birthplace every hour or two.

M. Pagliari, a celebrated druggist at Rome, gives to the French army the following, as the best styptic, or blood-stopper, in the world:

Tincture benzoin, eight ounces; alum, one pound; water, ten pounds. Boiled in a glazed earthen vessel together six hours. Keep stirring, and replace the vapor waste with hot water. Filter, and keep in stoppered bottles. Syringe as often as required.

In uterine hemorrhage, wash out the clots, and continue the styptic syringing until the hemorrhage abates. Take of the tincture of the resin of Indian hemp, forty drops; alcohol, thirty drops; water, (distilled,) four ounces. Mix, and give the patient one-quarter of this every three or four hours. Take of dilute sulphuric acid, one dram. Tincture of opium, thirty

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drops. Mix, and divide into four equal parts. Give one part every four hours in cinnamon water, say two or three ounces. The best results are often obtained from this prescription.

When the patient is simply suffering from an excessive and long-continued catamenial discharge the following will be found useful: Let the patient take tincture of cinnamon, a dram every six hours, for fourteen days after the discharge has stopped, or if obstinate, one dose a day for a month.

Poultices.

Slippery elm bark and flaxseed meal make one of the best poultices known. Make a mush of the meal, and sprinkle on about one-quarter as much of the elm bark. Apply hot as possible.

Bread and milk. Heat your milk, and pour it over the bread, after reducing to crumb. Boil until perfectly soft, stir well, and mix in a little unsalted lard or sweet oil to keep from sticking.

Corn meal. Indian meal, five tablespoonfuls; rye flour, one tablespoonful, sift it through your fingers into boiling water, stirring all the time; boil well, and add a little oil as above.

Apples, pared, cored, and boiled to a soft pulp form an excellent poultice.

Hops, scalded in hot vinegar, and applied to old ulcers, swellings and the like, are very good and cleansing. Boil a handful of hops for five minutes in a pint of water, strain, and thicken the liquor with Indian meal, boil five minutes, and add a little lard, and you have a nice poultice.

Starch, in any quantity necessary; thicken with boiling water. Add a little oil.

Yeast. Wheat flour, one pound ; yeast, half pint ; mix over a gentle fire, until it begins to rise, then apply hot.

Spice. Cinnamon, allspice, ginger and cloves in equal parts ; pulverize and mix in honey or syrup.

Mustard. Take ground mustard seed and rye flour, equal parts ; make into a paste with water and add a little lard to prevent sticking.

Alum. White of two eggs, broken into a plate, and with a lump of alum stir into a curd ; wrap in muslin so that only one thickness comes between the poultice and the skin.

Brown sugar and soap make an excellent poultice for a boil.

White lily root, four ounces and figs one pound, meal four ounces, boiled in pint and half water, until well mixed, form an excellent poultice for running sores and swellings.

Boiled carrot, or even raw carrot finely grated, makes another very superior poultice.

Chamomile flowers boiled with the tops of wormwood, and applied to inflamed surfaces, will quickly reduce the inflammation.

Lettuce leaves boiled soft, make an excellent poultice to relieve acute pain.

To Prevent Sunstroke.

Those persons who are compelled to expose themselves to the sun's rays in extreme hot weather, should always carry a wet handkerchief or towel in the top of the hat, wetting it occasionally as it becomes dry. If farmers and others who can obtain them will always carry a large plantain, burdock or cabbage leaf in their hats, they will never be sunstruck.

Food for the Sick.

Beef tea. Take half pound of good lean beef, cut in thin slices; put into a bowl, and pour over it one pint of boiling water; let stand by the fire half hour, to steep, (not boil.) Pour off the juice and squeeze out the debris; season the liquor with a little salt, and give to patient.

Beef extract. Take two pounds of good, juicy, fresh beef, remove all the fat; chop fine like sausage-meat; put in a saucepan with one quart of water, and place near the fire where it will heat very slowly. Let stand two hours before coming to boil; stir occasionally. Let boil fifteen minutes; season properly. Pour off, strain, and bottle for use, after skimming off all the fat. This is one of the best preparations in use.

Chicken broth. Take a chicken, (old one is best,) boil to shreds; season with salt. Keep thin by adding water: when done, skim, strain, and put away in an earthen or glass vessel, to be used as required. When given to the patient, toasted bread, boiled rice, or barley may be added.

Chicken panada. Boil a grown chicken in two quarts of water. When nearly done, remove the skin, and cut off all the white meat which reduce to a pulp in a mortar. Add a quantity of the broth, and season with salt, and a little grated lemon peel. Then add water and boil. Make it thin, about the consistency of gruel, and when served to the patient, bread crumbs, rice, barley, unbolted flour, and other things may be added.

Barley gruel. Boil quarter pound of pearl

barley in three quarts of water down to one quart. Strain, and sift in a little pulverized cinnamon, and sweeten to taste; add half pint of milk, and warm and use as required.

Calves' feet broth. Take two calves' feet, well dressed, split open and cut off all the fat; add about four ounces lean veal; boil in three or four quarts of water, to about three pints. Add a crust of bread, four inches long, by three wide, a little salt and one-half a lemon peel; when boiled to a jelly it is ready for use. Let cool, skim and strain. If too thick reduce with water.

Mutton broth. Take one pound of mutton, cut off all the fat, and add one quart of water, a little salt, and a few pieces of bread-crust; boil slowly for two hours; skim off the fat carefully, and it is ready for use.

Arrow root blanc mange. Take of Bermuda arrow root four ounces; sweet milk one pint; boil the milk with twelve sweet and six bitter almonds properly mashed. Strain and sweeten with loaf sugar. Then put the milk in a kettle, and stir in the arrow root, boiling hot; stir all the time it is boiling, say ten minutes. If you wish to mould it, first wet the mould in cold water, and pour in while warm. When cool, it will come out without sticking. When prepared as a sick diet, moulding is unnecessary. This is a light and nutritious article for the sick.

Irish moss jelly. Take one ounce of Irish moss, and immerse for ten minutes in cold water; then wash through two waters, to remove the bitter taste. Add two quarts of water, and ten or fifteen grains of cinnamon bark, and boil to a thick jelly; strain and season

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to taste with port wine, sherry, or, if for immediate use, lemon juice and white sugar.

Wine Whey. Take one quart of new milk, and one pint of water, mix, and place over the fire; when they begin to boil, add half pint sour wine; boil slowly for fifteen minutes; during this time the curd collects, after which remove the curd, and the whey is ready for use. May be flavored to taste.

Graham bread is made of unbolted wheat flour freshly ground. Wet the flour with lukewarm water, and use yeast and salt, as in wheat bread. Knead in sufficient flour to make it stiff; let stand until risen, and bake. This is the best bread in the world for dyspeptics, and persons troubled with a costive habit.

Unleavened bread is made as follows: Unbolted flour from winter wheat, salt, and with sweet milk make a batter as thick as cup cakes; with a spoon, drop into small tins, and bake in a quick oven, so hot that they will be well done in fifteen or twenty minutes. They may be eaten warm, as they are perfectly harmless.

The Festive Mosquito.

That "musical hound of the fairy king," the festive mosquito, is a social nuisance everywhere within the bounds of civilization. Hundreds of pious philosophers, who have muttered curses both loud and deep on his nightly insolence, have spent whole days and even weeks in trying to get clear of him. But like the Indian, and the English sparrow, the more you try to clear him out, the more he won't go. The following plan, however, gets him worst of all:

Take a piece of gum camphor, about the size of a hickory nut, and ignite it over a lamp, candle or gas: take care that it does not blaze. The smoke, which is not disagreeable, will soon fill the room, and every mosquito will take an unceremonious leave.

Insects on Trees and Plants.

Caterpillars, grubs, and the whole army of marauders, that destroy the foliage of trees and plants, may be put to rout by the following simple means: Dissolve whale oil soap in warm water, make a strong suds and sprinkle the tree or plant with a metal syringe; they cannot stand it. Or take half pound of rotten tobacco, (some think it is all rotten,) pour over it two quarts of boiling water, and let stand three hours. This juice is fatal to all insect life. Apply it by syringe or any other way.

Perspiration.

To neutralize the unpleasant odors arising from perspiration: Put a tablespoonful of ammonia water, in the basin of water when you wash. Try it. This instinct will abate the outstink.

Tobacco.

This article is not written for those whose systems and consciences are saturated with a tobacco habit of twenty-five or thirty years' standing: I do not expect that any amount of moral reasoning will reach them. But to the young, to those who are just entering life's rosy portal, and who are not yet one "bundle of habits," let me say, shun tobacco! Shun it, in

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all its various forms and shapes ; shun it, as you would the plague, or the leprosy ; it is more deadly than either ! The numbers sent by it annually to an untimely grave are legion. It has no virtues whatever, and every known vice ! It is filthy, ungentlemanly, and disgusting. It is unhealthy and unrefined to use it. Therefore, shun it !

Eating.

The most common things in life are those of which we know the least, and consequently are most neglected. Eating, which all must do every day, the celebrated Dr. Tanner excepted, is an illustration. We eat too much ; we eat too fast ; and we eat at improper times. There can be no general rule laid down as to the quantity we may require to supply the waste of nature ; but stuffing is a common and crying evil. Eat a fair amount ; eat at regular hours every day ; say 7 A. M., 1 and 6 P. M., and never under any circumstances eat between meals, or before going to bed at night. The violation of this rule is a fruitful source of dyspepsia, " nervousness " and general debility.

Emmenagogues.

Emmenagogues are a class of medicines which encourage and promote the catamenial discharge. Three out of every four women in this country, who have passed the age of puberty, are suffering more or less, to-day, from irregularity of the menses. Many go through life, martyrs in this cause, and never dream of freedom and health, until nature, by that other change, removes the cause of a lifetime of suffering. The great fault in these cases lies in the

ignorance and mock-modesty of the mother. I said to a lady yesterday, "Your daughter is rapidly approaching womanhood: have you instructed her in the nature and influence of that change?" "No, indeed! I had to find it out myself: let her do it also," was the reply. This woman had been a sufferer all her life from this cause, and this criminal negligence on her part, to instruct her daughter in one of the most important of nature's functions, will recoil on herself in due time. Mothers, subdue your mock-modesty! Perform your whole duty with your daughters! Teach them the use as well as the abuse of nature's important organs and functions; and your own consciences will then be clear in case of physical or moral shipwreck. There are but few medicines which act directly on the uterus or womb; ergot being about the only one known to exercise a direct influence over this organ, and that influence is confined to increasing its expulsive power. To insure success with this class of remedies, the system of the patient must first be prepared for their use. If there be general debility, and relaxation, give tonics to improve the health: if there be an undue degree of arterial action, on the other hand, reduce by means of laxatives and narcotics. The following are some of the means which may with perfect safety be used to promote the menstrual discharge, when interrupted by any innocent, natural cause. (N. B. The following remedies are intended to apply only in cases of nongravidity: in pregnancy, they are worse than useless; they are actually pernicious.) When the change to womanhood is expected, and the first signs are slow in their

development, the feet of the patient should be soaked in mustard water hot as can be borne, from three to five times each week. Prepare also the following teas, (or any one of them.) Blue cohosh, (can be found at any botanic drug store,) one ounce; pour over it one quart boiling water, and let steep one hour. It is then fit for use. Drink of this freely during the day, and at night on retiring; after the mustard foot bath, drink a full half pint. Red raspberry leaves, made into tea in a similar manner, are also most excellent for this purpose. Pennyroyal is also useful in the same disease. Hot hop poultices applied over the pubes; hot sand bags, or compress of hot water, all applied to the lower abdomen, after retiring for the night, are considered useful: let them remain on until cool, after which time they are useless. If you do not succeed the first time, don't give up, but try it again. If, after giving these remedies, and such others as may be recommended a fair trial, you fail, then send for "Melville's Female Monthly Pills," which are prepared to order only, and which will be warranted for the purpose for which they are made. Price \$2.50 per box. There are many kinds of pills advertised for this purpose, but the basis of most of them is aloes; a dangerous poison, which must only be used under the direction of a good physician.

Horses.

"The merciful man is merciful to his beast," saith the proverb; and, verily, the proverb saith truly! The horse is man's nearest and best companion; and it is wonderful what a world of intelligence and affection he is capa-

ble of developing, when treated kindly, and studied closely. I have made horses a study, (as well as jackasses,) and have never found the former deficient in gratitude for an act of kindness rendered, whatever I may be compelled to say of the latter.

Now, I am not the "Horse Editor" of this book, and I do not intend to write a treatise on the "Rise and Progress" of "Horseology in America." But I wish simply to call attention to a few things in which, I think, the comfort of both horse and driver may be promoted. Throw away your check-lines and blinkers. Your horse regards them as an intolerable nuisance, and he will thank you with his best bow when they are removed. Pay particular attention to your harness; see that it is as light as is consistent with strength, and that every part fits the horse easily and correctly. Don't let him stand in the rain or the sunshine if you can avoid it; and when unavoidable, make the stop as short as possible. Always blanket in winter, and shade in summer. The horse is very fond of a bath, and manifests his enjoyment of it in the most unmistakable manner: try him. Do you know of any way to keep the flies from tormenting him in extremely hot weather? No? Well, then, I will tell you. Green walnut leaves, and the green nuts, are boiled in water over night, and the horse's coat is rubbed over with the liquor before he leaves the stable. It is intensely bitter, and the flies will give it a wide berth. Nutgalls infused in water have the same effect. And it pays. Fish berries soaked in alcohol, and then mixed with water, applied in the same way, will kill all the flies as they taste it.

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Dr. Melville's Family Medicines.

Put up to order only.

Melville's Magic Liver Powders, price \$2 per dozen. By mail.

Melville's "Elixir of Life," small bottles \$1, large, \$2. By express.

Melville's Monthly Female Pills, price \$2.50. By mail.

Melville's Monthly Female Elixir, price \$1.50. By express.

Melville's Fever and Ague Remedy, price \$5. By express.

Melville's Course of Treatment for Prolapsus Uteri.

Melville's Sure Neuralgia Cure, price \$1.

Melville's Magic Cough Remedy, (three day cure,) 50 cts. and \$1.

Melville's Preventative for Small-pox, and Scarlatina, \$1 per quart.

Melville's Magic Eye Lotion, for weak and sore eyes, 50 cts. and \$1.

Melville's Magic Scalp Cleaner and Hair Dressing, \$1.

Melville's "Traveller's Safety Box," a treasure,) \$3.

Melville's Magic Cure for Incontinence of Urine, child \$1, adults \$2.

Melville's Treatment for St. Vitus' Dance.

Melville's Magic Treatment for "Bright's Disease."

Cautionary Signals on a Lea-shore.

A word in private to sailors and others who are compelled to be much alone: There are few people on earth who are so strongly tempted

to indulge in solitary vice as "Poor Jack." Alone on the deck, in his midnight watch in mid ocean, far away from home and those he loves; every opportunity is offered for the indulgence, of the dangerous nature of which he is perhaps profoundly ignorant! The vice is known by the name of masturbation; and is nothing more nor less than an attempt to produce the pleasures of sexual intercourse with the hand. It is impossible to go into a scientific treatise on the whys and the wherefores of the injuries you inflict on yourselves by indulgence in this terrible practice, in a work of this nature; but rest assured, take the word of an old man who has been in the practice of medicine for more than forty-six years, and has seen this terrible evil in all its naked deformity in the hospitals to which it had consigned its victims, and if you have formed the habit, break it off at once and forever! If you have not formed it, thank God, and take courage, and fight against it to the end.

There is no evil, physical, moral, or mental, of which it is not the prolific parent. It undermines the constitution, and saps the very foundation of moral honesty. It breaks down the barriers of courage and honor, and robs its victims of their manhood, their frankness, and their self-respect. It makes cowards, poltroons and knaves of its victims, and clothes them with meanness, infamy and shame! In a short time the victim loses his self-respect; he cannot look his fellow-men in the face; conscious guilt makes him hang his head, and he goes through the world branded with the curse of Cain, his hand against every man, and consequently

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every man's hand against him. As Burns said of another vice :

“ I waive the quantum of the sin,
And hazard of concealing ;
But oh ! it hardens all within,
It petrifies the feeling ! ”

It carries, to a certain extent, its own punishment with it. After a very short career this vice stamps itself on the countenance of its victim, and he becomes “ his own epistle, known and read of all.” He loses his distinctive character ; becomes silent, sour, morose ; loses his energy and ambition ; becomes a coward ; and is frightened at the merest trifles ; his strength fadeth away like a tale that is told, and his manly beauty consumeth like ashes ! He loses his self-respect, and his admiration for the other sex, and sinks away into solitude that he may indulge in his fatal infatuation unseen !

He soon becomes unfitted for the performance of life's duties ; sneaks through life whipped by shame, and shunned by all decent people, and finally dies in a mad-house, with silence for a monument ! Be warned, then, and shun it forever.

Sound Sense.

A word in relation to patent medicines and quack nostrums : do not be deceived, the whole tribe, the entire “ seed, breed and generation ” of them are only evil and that continually. I do not wish to insinuate that because a medicine is advertised it is therefore worthless ; far from it. But, unfortunately, the most worthless

is generally the most extensively advertised. Nearly all patent medicines claim too much. Take up the first newspaper that comes to hand, and read how the celebrated Dr. Grinder, who flourished some two hundred years ago, discovered, and kept as a profound secret, a universal cure-all, a few bottles of which are represented as an effectual cure for all the ills to which humanity is heir. It has never yet failed to cure kidney and bladder complaints; lung, heart, liver and stomach diseases; gravel, and Bright's disease. Rheumatism, gout, neuralgia and spinal troubles all disappear before it, like dew before the sun. The secret of compounding this invaluable succedanium has just been rediscovered by the "Grinder Medical Company," (not one member of which, probably, ever received a common school education,) at whose office it is manufactured. "For sale by all druggists." Every sensible man knows that as all diseases are not produced by one cause, so no one remedy can remove the cause of all diseases. No man who has a fine gold watch to clean and repair puts it into the hands of a carpenter or the keeper of a fancy goods store to be manipulated by them. Neither should any man submit that most wonderful piece of machinery, that "harp of a thousand strings," the human system, to the tender mercies of the druggist and the patent medicine vendor. Verily, my comrades, such things should not be. If you are sick, consult a regular physician, one whose years and experience will give weight to his opinions, and value to his advice. Shun all patent medicines as you would the plague; if you do not, they may eventually give

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you ailments, compared to which the plague is a mere trifle. For at the foundation of many of the popular patent medicines, lay poisons which can only be harmless under the manipulation of intelligent and well-trained physicians.

GENERAL TREATMENT OF POISONING.

These tables should be firmly fixed in the memory. Use the stomach pump, if possible.

Mineral or Inorganic Poisons.

POISON.	REMEDY.
Acids.	Give carbonates of soda, potash, lime and magnesia. All are remedies for poisons of this kind. For muriatic acid, no water must be given: it produces too much heat.
Acetic, citric, muriatic, sulphuric.	
Nitric, oxalic.	Carbonates of lime and magnesia alone must be given.
Carbolic acid.	Has no special antidote. Treat as other irritant acid poisons. White of eggs, milk, etc.
Prussic, laurel water, nitrobenzine, oil of bitter almonds.	Chlorine water: ammonia not more than half dram to a pint. Apply cold water to the head.
Alkalies and salts: carbonate ammonia, caustic potash.	Castor oil; linseed oil; olive oil; lemon-juice; vinegar; citric and tartaric acids.

POISON.	REMEDY.
<p>Antimony. Butter of antimony, oxide of antimony, tartar emetic.</p>	<p>Tickle throat with a feather until vomiting is produced ; large draughts of warm water ; infusions of oak bark, Peruvian bark, should be given immediately.</p>
<p>Arsenic.</p>	<p>Fine precipitated carbonate of iron every five or ten minutes ; five to ten grains in a glass of water.</p>
<p>White arsenic.</p>	
<p>Creosote. Arsenious acid. Emerald green. Yellow arsenic. Fowler's Solution. Fly poison. Orpiment. Paris green. Realgar. Scheele's green.</p>	<p>It is neutralized promptly by white of eggs. Diffused iron and ammonia, or diffused iron and magnesia are antidotes for arsenious acid and yellow arsenic. Large draughts of lime water ; sesqui-chloride of iron. Emetic of sulphate of zinc fifteen or twenty grains, and ipecac ten grains, in glass of warm water : slippery elm tea in large quantities ; counter irritants before the stomach is emptied. No acid drinks.</p>
<p>Baryta. Chloride. Nitrate.</p>	<p>Sulphate of magnesia (Epsom salts) is a safe and prompt antidote for poisoning by these preparations of baryta.</p>

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POISON.	REMEDY.
Copper and salts. Verdigris. Pickles.	Milk; white of eggs; give no vinegar; reduce inflammation in the ordinary way. Quiet the nervous system; morphia.
Bismuth and salts. Pearl powder.	Milk and sweet mucilaginous drinks, as barley water, gum-arabic water; leeches; bleeding; clysters; subdue inflammation.
Chromium Gases. Chloroform, carbonic acid, coal gas.	Smart emetic, (see fly poison;) magnesia and chalk; chlorine; inhale ammonia or ether; ice to the head; blood-letting; artificial respiration.
Iodine. Iodide potassium.	Iodine forms an insoluble compound with starch, farina, wheat flour, etc.; mix largely with water and give promptly. For iodide of potassa, vomit with warm water.
Iron. Copperas.	Carbonate of soda, twenty grains in glass of water; barley water; gum-arabic water.
Lead. Acetate, carbonate, litharge, Goulard's extract.	Epsom salts; phosphate of soda; from half to one ounce in water, for the soluble salts. For solids, dilute sulphuric acid, ten drops in water; iodide of potassium for chronic cases.

POISON.

REMEDY.

Mercury.	Albumen ; white of eggs ; milk ; wheat flour beaten with water ; give promptly ; pulv. iron, enclosed in gold leaf ; iron filings ; reduce inflammation as usual.
White precipitate, red precipitate, corrosive sublimate, vermilion.	
Silver.	Common salt, given promptly ; teaspoonful is a dose ; repeat if necessary.
Lunar caustic.	
Tin.	Large draughts of milk. Treat symptoms.
Zinc.	
Acetate, sulphate, white vitriol.	Carbonate of soda ; milk ; eggs ; relieve vomiting with copious draughts of warm water.
Phosphorus.	Prompt vomit, (see fly poison ;) magnesia.
Matches, etc.	

Vegetable Poisons. Irritant.

Aloes.	If the poison has caused vomiting, give warm water or thin gruel. If insensibility comes on without vomiting give sulphate of zinc, and afterwards a smart purgative. Then give strong coffee and vinegar and water ; camphor mixture with ether may be given ;
Bryony.	
Celandine.	
Colocynth.	
Croton oil.	
Cubebs.	
Elaterium.	
Euphorbium.	
Gamboge.	
Jalap.	

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POISON.

Mezereon.
Poke.
Savin oil.
Tansy oil.
Wake Robin,
etc., etc.

Aconite.
Atropia.
Baneberry.
Belladonna.
Blood root.
Calabar bean.
Camphor.
Cherry laurel.
CocculusIndicus.
Colchicum.
Curare.
Dogbane.
Digitalis.
Ergot.
Gelseminum.
Hellebore.
Hemlock.
Henbane.
Lobelia.
Nux vomica.
Opium.
Poison oak.
Rue.
Squill.
Stramonium.
Tobacco.
Veratria veride.
Wild cherry.

REMEDY.

warmth; friction; bromine; chlorine; iodine; tannic acid and animal charcoal, are recommended as useful.

Acronarcotic, (those that act on the brain and other organs,) and narcotic, (those that act on the brain alone.) Evacuate the stomach with tartar emetic, two grains, in warm water; or sulph. zinc, twenty grains in water; give enema of strong soap suds; give no vegetable acids until after the poison is expelled from the stomach. If sleepiness or insensibility appear, walk your patient around, and keep him awake. Electro-magnetism if a battery can be had; bromine; chlorine; iodine; are all good. Hypodermic injections (that is under the skin,) of morphia have been found useful in cases of poisoning with atropia, and in all cases of poisoning by stramonium or belladonna, and other drugs of a similar nature; constant and even violent

POISON.

Wild orange.
Etc., etc.

REMEDY.

action, as shocking, etc., is highly recommended by those who have tried it.

Medicines by Measure, Instead of Weight.

A dram is about a teaspoonful : Four teaspoonfuls are equal to a tablespoonful, or one-half ounce. Two teaspoonfuls are equal to a dessertspoonful, and four dessertspoonfuls, or two tablespoonfuls, are equal to one ounce.

A pint is 16 fluid ounces.
A tumblerful is 8 f. ounces.
A teacupful is 4 f. ounces.
A wineglassful is 2 f. ounces.
A tablespoonful is $\frac{1}{2}$ f. ounce.
A teaspoonful is 1 f. dram.

Avoirdupois Weight.

1 drachm is equal to 27.-34375 Troy grains.
16 drams 1 ounce.
16 ounces 1 pound.
14 pounds 1 stone.
8 stone 1 hundred weight.
20 hundred weight 1 ton.

Troy Weight.*

24 grains make 1 pennyweight.
20 pennyweights make 1 ounce.
12 ounces make 1 pound.

Dry Measure.

Tablespoon holds $\frac{1}{2}$ ounce.
Dessertspoon holds 2 drams.
Teaspoon holds 1 dram, or sixty grains.

Apothecaries' Weight.

1 grain is marked gr.
20 grains make 1 scruple \mathfrak{z} .
3 scruples make 1 dram \mathfrak{z} .
8 drams make 1 ounce \mathfrak{z} .
12 ounces make 1 pound lb.

Apothecaries' Fluid Measure.

1 minim † marked m.
60 minims one fluid dram f. \mathfrak{z} .
8 fluid drams one fluid ounce f. \mathfrak{z} .
16 fluid ounces one pint O.

* Used in weighing gold, silver and precious stones, etc.

† In many instances a minim is equivalent to a drop.

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Meaning of Words used in the following Table.

- Absorbents.* Are agents which take up fluids.
- Alteratives.* Change the action, from diseased to healthy.
- Antacids.* Neutralize acids; carbonates are used for that purpose.
- Anti-spasmodics.* Subdue spasms.
- Anthelmintics.* Subdue and eradicate worms from the system.
- Arterial Sedatives.* Reduce vital action.
- Arterial Stimulants.* Excite vital action.
- Astringents.* Contract, or draw up the living tissues.
- Cathartics.* Evacuate the bowels.
- Chalybeates.* Contain iron in certain quantities.
- Demulcents.* Are bland, unirritating substances.
- Diaphoretics.* Promote perspiration.
- Diuretics.* Increase the flow of urine.
- Emetics.* Produce vomiting.
- Emollients.* Soften and soothe irritated surfaces.
- Emmenagogues.* Promote the menstrual flow.
- Epispastics and Vesicants.* Produce blistering.
- Errhines.* Encourage discharges from the nostrils.
- Escharotics.* Burn and destroy the skin with which they come in contact.
- Expectorants.* Encourage spitting and promote secretions from the lungs.
- Excito-Motor Stimulants.* Act on the motor nerves, through the spinal marrow.
- Febrifuges.* Subdue fevers.
- Narcotics.* Excite the nerves of the brain.
- Nervous Sedatives.* Reduce nervous power, and the force of circulation.
- Prophylactics.* Prevent diseases.
- Rubefacients.* Inflamm the skin, without blistering.
- Sialagogues.* Promote the flow of saliva, or spittle.
- Sudorifics.* Promote perspiration.
- Styptics.* Control the flow of blood. They are powerful astringents.
- Tonics.* Key up, and excite general action.

A Table of Doses of Medicines for Adults.

With name, character, and amount to be taken, to produce certain results

NAME.	CHARACTER.	DOSE.
Aconite Leaves (Tinct.)	Nar. Sed. Nau.	10 to 15 drops 3 times a day.
Aconite Root (Tinct.)	Nar. Sed. Nau.	4 to 8 drops 3 times a day.
Aconite Root, Fld. Ext.	Narcotic and Sedative.	5 to 6 drops 3 times a day.
Aconite Root, Solid Ext.	Narcotic and Sedative.	$\frac{1}{4}$ to $\frac{1}{2}$ grain 3 times a day.
Agrimony Decoction.	Laxative and Tonic.	Tablespoonful 4 hours apart.
Alder, blk., Decoction.	Tonic and Astringent.	Tablespoonful 4 hours apart.
Alder, tag, Decoction.	Alterative and Astringent.	Tablespoonful 4 hours apart.
Aloes Socotrine Powdered.	Purgative.	8 to 12 grains.
Aloes Socotrine comp Decoc.	Purg. and Emmen.	1 to 2 tablespoonfuls.
Aloes Socotrine Tincture.	Purgative.	2 to 5 drams at bedtime.
Aloes Socotrine Pills.	Purgative.	2 or 3 pills at bedtime.
Aloes, Tinct. of and Myrrh.	Emmenagogue.	Teaspoonful 3 times a day.
Aloes and Myrrh, Pills of.	Emmenagogue.	2 or 3 pills, twice a day.
Alum, Powdered.	Astringent.	5 to 10 grains.
Alum, burned.	Escharotic, (use externally.)	5 or 10 grains.
American Hellebore.	Arterial Sedative.	3 to 5 drops every 4 hours.
American Hellebore, Norwood's Tinct.	Arterial Sedative.	6 to 10 drops every 4 hours.
American Columbo Decoc.	Tonic.	Tablespoonful 3 times a day.
Ammoniac Mixture.	Expectorant.	Tablespoonful 3 times a day.
Ammonia (Carbonate of).	Stimulant.	4 to 6 grains every 4 hours.
Ammonia (Muriate of) (Sal Ammo.)	Stimulant.	10 to 15 grains.

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NAME.	CHARACTER.	DOSE.
Ammonia (Aromatic Spirits).	Stimulant.	15 to 20 drops in water.
Ammonia Water (Spts. Hartshorn).	Stimulant and Caustic.	8 to 10 drops in water.
Ammonia (Volatile Lini.)	Rubefacient.	Apply externally.
Angelica Root, Fld. Ext.	Stim. and Aromatic.	Teaspoonful 2 times a day.
Angelica Root, Decoc.	Stim. and Aromatic.	Wineglassful 2 or 3 times a day.
Anise Seed (Oil of).	Carmin. and Aromat.	5 to 10 drops on sugar.
Anise Seed, Essence of.	Carmin. and Aromat.	Teaspoonful.
Anise Seed Infusion.	Carmin. and Aromat.	1 or 2 tablespoonfuls.
Antimonial Wine.	Emetic.	1 to 3 drams.
Antimonial Powder (James').	Sudorific.	2 to 5 grains.
Apple Tree Bark, Decoc.	Tonic.	Wineglassful 2 or 3 times a day.
Arrow Root, (Bermuda.)	Nutritive and Tonic.	Use as a gruel.
Arsenic (Donovan's Sol.)	Alterative.	4 to 10 drops 3 times a day.
Arsenic (Fowler's Sol.)	Alterative and Febrifuge.	6 to 12 drops 3 times a day.
Assafoetida (Milk of).	Anti-spasmodic.	1 or 2 pills, 3 to 5 grains each.
Assafoetida (Pills of).	Anti-spasmodic.	Teaspoonful or two, 2 times a day.
Assafoetida (Tinct. of).	Anti-spasmodic.	25 or 30 drops 2 times a day.
Avens Root (Decoc. of).	Tonic and Astringents.	Tablespoonful 2 or 3 times a day.
Balm Gilead Buds Tinct.	Stim. Tonic and Diuretic.	Teaspoonful 2 or 3 times a day.
Balmony (Decoc. of).	Tonic and Cathartic.	Wineglassful at bedtime.
Balmony (Fld. Ext. of).	Tonic and Cathartic.	Teaspoonful at bedtime.
Balsam Copaiba.	Stim. Diur. and Lax.	20 to 25 drops 3 times a day.
Balsam of Fir.	Diuretic.	10 to 20 drops 3 or 4 times a day.
Balsam of Peru.	Stim. and Tonic.	5 to 10 drops 2 times a day.
Balsam of Tolu (Tinct.)	Stim. and Tonic.	30 to 45 drops daily.

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NAME.	CHARACTER.	DOSE.
Balsam of Tolu (Syrup).	Stim. and Tonic.	2 teaspoonfuls daily.
Bayberry Bark (Infusion).	Astr., Stim., Emetic.	1 tablespoonful at bedtime.
Belladonna, Fld. Ext. of.	Narcotic, Diaph. and Diur.	2 to 5 drops, repeat 4 hours.
Belladonna, Solid Ext. of.	Narcotic, Diaph. and Diur.	$\frac{1}{4}$ to $\frac{1}{2}$ grain twice a day.
Belladonna (Plaster).	Anodyne and Diuretic.	Apply externally.
Belladonna (Ointment).	Anodyne and Diuretic.	Apply externally.
Benne Plant (Infusion).	Dem. and Laxative.	Tablespoonful every 3 or 4 hours.
Beth Root (Decoc. of).	Astringent and Tonic.	Tablespoonful every 3 or 4 hours.
Beth Root (Fld. Ext. of).	Astringent and Tonic.	20 or 25 drops 3 times a day.
Bitter Root (Fld. Ext. of).	Alter., Emetic and Diap.	20 or 30 drops 2 times a day.
Bitter Root (Decoc. of).	Alter., Emetic and Diap.	2 or 3 teaspoonfuls 2 times a day.
Bitter Sweet (Decoc. of).	Emetic and Narcotic.	Wineglass 3 times a day.
Bitter Sweet (Fld. Ext. of).	Emetic and Narcotic.	25 or 30 drops 3 times a day.
Bitter Bugle (Fld. Ext. of).	Astringent and Tonic.	25 to 35 drops 3 times a day.
Black Drop.	Narcotic.	8 to 10 drops 3 times a day.
Black Cohosh (Decoc. of).	Nar., Diaph. and Diur.	Wineglass 3 times a day.
Black Cohosh (Fld. Ext. of).	Nar., Diaph. and Diur.	20 to 25 drops 3 times a day.
Black Cohosh (Tinct. of).	Nar., Diaph. and Diur.	Teaspoonful 3 or 4 times a day.
Black Hellebore (Decoc. of).	Hyd., Cath. and Emm.	2 teaspoonfuls every 5 hours.
Black Hellebore (Fld. Ext. of).	Hyd., Cath. and Emm.	10 to 20 drops 3 or 4 times a day.
Black Hellebore (Solid Ext. of).	Hyd., Cath. and Emm.	2 to 3 grains 3 or 4 times a day.
Black Hellebore (Tinct. of).	Hyd., Cath. and Emm.	20 or 30 drops 3 or 4 times a day.
Blackberry Root (Decoc. of).	Astringent and Tonic.	Wineglass 3 or 4 times a day.
Blackberry Root (Fld. Ext. of).	Astringent and Tonic.	Teaspoonful 3 times a day.

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NAME.	CHARACTER.	DOSE.
Blackberry Root (Syrup of).	Astringent.	Tablespoonful 3 times a day.
Blessed Thistle (Decoc. of).	Tonic and Emetic.	Tablespoonful 3 times a day.
Blue Cohosh (Fld. Ext. of).	Diuretic and Diaphor.	30 to 40 drops 3 times a day.
Blue Cohosh (Decoc. of).	Diuretic and Diaphor.	Tablespoonful 3 times a day.
Blood Root (Tinct. of).	Emet. and Expectorant.	30 to 50 drops 3 times a day.
Bismuth (Subnitrate).	Anti-spas. Absorb. Sed.	4 grains 2 times a day.
Blue Vitriol.	Emetic.	1 to 2 grains or more.
Blue Vitriol (Lotion).	Rub externally.	3 or 4 grains in 1 oz. water.
Blue Mass (Pill).	Alter. and Sialagogue.	1, 2 or 3 pills (3 to 5 grains each).
Boneset, Infusion.	Stim., Sud. and Emm.	Tablespoonful 3 or 4 times a day.
Boneset, Fld. Ext.	Stim., Sud. and Emm.	20 to 30 drops 3 or 4 times a day.
Borax.	Nephritic and Deter.	20 to 30 grains.
Buchu, Infusion.	Diur. and Diaphoretic.	Tablespoonful 3 or 4 times a day.
Buchu, Fld. Ext.	Diur. and Diaphoretic.	Teaspoonful 3 or 4 times a day.
Buchu, Tincture.	Diur. and Diaphoretic.	Dessertspoonful 4 to 6 times a day.
Buchu and Uva Ursi (Fld. Ext.)	Diuretic and Diaphor.	Teaspoonful 3 or 4 times a day.
Buckthorn, Fld. Ext.	Hydragogue Cathartic.	Teaspoonful at bedtime.
Burdock, Decoc.	Herb and Anti-scorb.	Teaspoonful 3 or 4 times a day.
Burdock, Fld. Ext.	Herb and Anti-scorb.	Teaspoonful twice a day.
Butternut, Fld. Ext.	Tonic and Cathartic.	Teaspoonful.
Butternut (Solid Ext.)	Tonic and Cathartic.	10 to 15 grains.
Burgundy Pitch Plaster.	Stimulant.	Apply externally.
Calomel.	Alterative.	$\frac{1}{2}$ to 1 grain every other night.
Calomel.	Sialagogue.	1 grain every 4 hours.
Calomel.	Purgative.	5 to 10 grains at night. dose oil in morning.
Camphor Gum.	Stim. and Narcotic.	5 to 10 grains.
Camphor Gum.	Anti-spas. and Sedat.	2 to 5 grains.
Camphor, Spirits.	Anti-spas. and Sedat.	10 to 20 drops.
Camphor, Spirits.	Stim. and Narcotic.	20 to 30 drops.

NAME.	CHARACTER.	DOSE.
Camphor Water.	Anodyne and Sed.	2 to 3 teaspoonfuls.
Calamus Root, Fld. Ext.	Arom., Stim. and Stom.	Teaspoonful.
Caraway Seed, Infus.	Arom. and Carm.	Dessertspoonful.
Caraway Seed Oil.	Arom., Carm. and Lax.	3 to 5 drops.
Caraway Seed, Tinct.	Aromatic and Stimulant.	Teaspoonful.
Cardamom Seed, Tinct.	Arom. and Stimulant.	Teaspoonful.
Carbolic Acid.	Irritant and Anæsth.	1 to 2 grains in glycerine.
Carbolic Acid.	Disinfectant.	In water, sprinkled around.
Catechu Powder.	Astringent.	15 to 20 grains 3 times a day.
Catechu Tinct.	Astringent.	Teaspoonful 3 times a day.
Catnip Decoct.	Car., Diaphor. and Stom.	Tablespoonful 3 times a day.
Catnip, Fld. Ext.	Car., Diaphor. and Stom.	Teaspoonful 3 times a day.
Cayenne Pepper, Powd.	Stimulant.	3 to 5 grains.
Cayenne Pepper, Tinct.	Stimulant.	5 to 15 drops.
Cayenne Pepper, Infus.	Stimulant.	Gargle for sore throat.
Cayenne Pepper, Lozenge.	Stimulant.	Gargle for sore throat.
Castor Oil.	Purgative.	1 or 2 tablespoonfuls.
Castor Oil Emulsion.	Purgative.	
Chalk Prepared.	Antacid and Astringent.	3 or 4 tablespoonfuls. 10 to 20 grains.
Chalk Mixture.	Antacid and Astringent.	2 to 4 drams.
Celandine, Fld. Ext.	Aperient and Diuretic.	Teaspoonful 3 times a day.
Chamomile Flowers, Infus.	Tonic and Stom.	Wineglassful 3 times a day.
Chamomile Flowers, Fld. Ext.	Tonic and Stom.	Teaspoonful 3 times a day.
Chamomile Flowers, Solid Ext.	Tonic and Stom.	5 to 10 grains 3 times a day.
Chemical Food.	Tonic (Syrup of Phosphates).	2 to 4 drams.
Chloral Hydrate.	Sudor. and Anæsth.	15 to 20 grains. If sleep is not produced in $\frac{1}{2}$ hour repeat.

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NAME.	CHARACTER.	DOSE.
Chlorine Water.	Febrifuge, Anti-spas.	Teaspoonful doses, until fever subsides.
Chloroform.	Narcotic and Sedative.	$\frac{1}{2}$ to 1 dram in barley water.
Chloroform.	Anæsthetic and Narcotic.	$\frac{1}{2}$ to 1 dram inhaled.
Cinnamon Oil.	Astrin. and Stom. achic.	2 to 4 drops. Repeat in 3 hours.
Cinnamon Essence.	Astrin. and Stom. achic.	20 to 20 drops. Repeat.
Cloves Oil.	Stim., Arom. and Carm.	2 to 5 drops.
Cloves Powder.	Stim., Arom. and Carm.	10 to 15 grains.
Cloves Infusion.	Stim., Arom. and Carm.	Tablespoonful every 4 hours.
Comfrey Root, Decoc.	Diur. and Alterative.	Tablespoonful 3 times a day.
Colombo Root, Decoc.	Splendid Tonic.	Tablespoonful 3 times a day.
Colombo Root, Tinct.	Splendid Tonic.	Teaspoonful 3 times a day.
Colchicum, Wine of.	Nar., Diur. and Sedat.	20 to 40 drops 3 times a day.
Colchicum, Fld. Ext.	Nar., Diur. and Sedat.	10 to 20 drops 3 times a day.
Colchicum, Solid Ext.	Nar., Diur. and Sedat.	1 to 2 grains 3 times a day.
Conium, Solid Ext.	Nar., Anti-spas. and Deob.	1 to 3 grains twice a day.
Coriander Seed, Infus.	Carminative.	Tablespoonful; repeat.
Corrosive Sublimate.	Anti-syphilitic.	$\frac{1}{2}$ to $\frac{1}{4}$ of a grain.
Cotton Root, Fld. Ext.	Abs., Emm. and Part.	20 to 30 drops 3 times a day.
Cowhage.	Anthelmintic.	4 or 5 grains on empty stomach.
Colocynth (Comp. Ext.)	Laxative, Purgative.	5 to 20 grains at bedtime.
Cranesbill Root (Decoc.)	Astrin., Styp. and Tonic.	Tablespoonful.
Cranesbill Root (Fld. Ext.)	Astrin., Styp. and Tonic.	30 to 50 drops 4 times a day.
Cramplark (Decoc.)	Anti-spasmodic.	Tablespoonful 3 times a day.
Crawley (Decoc.)	Bal. and Stom.	Tablespoonful 3 times a day.
Creosote Water.	Externally or gargle.	Dram dilute for gargle.

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NAME.	CHARACTER.	DOSE.
Creosote.	Anæsth. and Antisep.	1 to 3 drops (in pills).
Cubebs (Powdered).	Stim. and Diuretic.	20 to 30 grains 3 times a day.
Cubebs, Fld. Ext.	Stim. and Diuretic.	20 to 30 drops 3 times a day.
Cubebs, Tinct.	Stim. and Diuretic.	Teaspoonful 3 times a day.
Cubebs Oil.	Stim. and Diuretic.	8 to 10 drops 3 times a day.
Culver's Root (Fld. Ext.)	Laxat., Tonic and Cath.	30 to 50 drops 3 times a day.
Culver's Root (Solid Ext.)	Laxat., Tonic and Cath.	5 to 8 grains 3 times a day.
Culver's Root (Tinct.)	Laxat., Tonic and Cath.	Teaspoonful 3 times a day.
Dandelion (Fld. Ext.)	Alter., Diur. and Tonic.	Teaspoonful 3 times a day.
Dandelion Solid Ext.)	Aperient.	10 grains 3 times a day.
Devil's Bit (Decoc.)	Ton., Stom. and Nar.	Teaspoonful 3 times a day.
Dittany (Infusion).	Arom., Stim. and Tonic.	Tablespoonful 3 times a day.
Dogwood Bark (Fld. Ext.)	Tonic, Astrin. and Stim.	Teaspoonful 3 times a day.
Dogwood Bark (Decoc.)	Tonic, Astrin. and Stim.	Wineglassful 3 or 4 times a day.
Diaphoretic Powder.	Sudor.	5 grains every 3 hours.
Dover's Powder.	Diaphor.	8 to 12 grains at bedtime.
Elder Flowers (Decoc.)	Diaphor., Diur. and Altera.	Tablespoonful 3 times a day.
Elder Flowers (Fld. Ext.)	Diaphor., Diur. and Altera.	Teaspoonful 3 times a day.
Elecampane (Decoc.)	Diaph. and Expect.	Tablespoonful 3 times a day.
Elecampane (Syrup).	Diaph. and Expect.	Tablespoonful 3 times a day.
Elaterium.	Hydragogue Cathartic.	$\frac{1}{4}$ to $\frac{1}{2}$ grain.
Elm Bark (Infusion).	Dem. and Diuretic.	Wineglassful 3 times a day.
Epsom Salts.	Cathartic.	4 to 6 drams in the morning.
Elm Bark Poultice.	Emollient.	Externally.
Ergot Powdered.	Astringent.	10 to 15 grains

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NAME.	CHARACTER.	DOSE.
Ergot (Wine of).	Astringent.	Teaspoonful every 15 m. till 5 are taken; remit
Featherfew (Decoc.)	Tonic, Stom. and Emmen.	Tablespoonful at bed-time.
Fennel Seed (Infus.)	Arom. and Carmin.	Tablespoonful.
Fennel Seed Oil.	Arom. and Carmin.	3 to 5 drops.
Fever Root (Decoc.)	Cath., Liur. and Emetic.	Tablespoonful. Repeat if necessary.
Fleabane (Infusion).	Tonic, Diuretic and Astrin.	Wineglassful 4 to 6 times a day.
Fleabane (Oil of).	Astrin. and Styptic.	3 to 5 drops every 2 hours.
Flaxseed (Infusion).	Demulcent.	Wineglassful 3 or 4 times a day.
Flaxseed Poultice.	Astringent.	Apply externally.
Foxglove (Tinct.)	Diur., Nar. and Seda.	10 drops 3 or 4 times a day.
Foxglove (Infusion).	Diur., Nar. and Seda.	Teaspoonful twice a day.
Gamboge.	Cathartic.	2 or 3 grains and repeat if necessary.
Garlic (Infusion).	Ton., Exp. and Stim.	Tablespoonful 3 times a day.
Garlic (Syrup of).	Expectorant.	Teaspoonful every 4 hours.
Gentian (Tinct.)	Bitter Tonic.	Teaspoonful 3 times a day.
Gelsemium (Fld. Ext.)	Ner., Sed., Dia. and Feb.	5 to 8 drops 3 times a day.
Gelsemium (Tinct.)	Ner., Sed., Dia. and Feb.	10 to 20 drops 3 times a day.
Ginger, Powdered.	Stim. and Carmin.	15 to 20 grains. Repeat if necessary.
Ginger (Tinct.)	Stim. and Carmin.	Teaspoonful. Repeat if necessary.
Goldthread (Decoc.)	Astrin. and Deodorant.	Wineglassful (Wash the mouth).
Gum Arabic (Mucil.)	Demulcent.	Tablespoonful 3 times a day.
Guaiacum Gum (Tinct.)	Diuretic and Diaphoretic.	Teaspoonful 3 times a day.
Guaiacum Wood (Decoc.)	Diuretic and Diaphoretic.	Wineglassful 4 times a day.
Hardhack.	Tonic and Astrin.	10 grains 2 or 3 times a day.
Hashish.	See Indian Hemp.	

NAME.	CHARACTER.	DOSE.
Hellebore.	See Veratria Veride,	176 Page.
Hemlock Bark, Pow'd.	Alt., Diaph.	Tablespoonful of decoc.
Henbane (Fld. Ext.)	Nar. and Anodyne.	20 to 25 drops.
Henbane Solid Ext.)	Nar. and Anodyne.	2 grains 3 times a day.
Henbane (Tinct.)	Nar. and Anodyne.	Teaspoonful 3 times a day.
Hiera Picra.	No good.	Don't take it.
Hoarhound (Decoc.)	Sud., Pec. and Tonic.	Tablespoonful in 2 hours.
Hoarhound (Syrup).	Sud., Pec.	Tablespoonful in 2 hours.
Hoarhound Fld. Ext.)	Sud., Pec. and Tonic.	Teaspoonful.
Hollyhock Flower (Infus.)	Demulcent.	Wineglassful 3 times a day.
Hops, Infusion.	Sud. and Tonic.	Wineglassful 3 times a day.
Huxham's Tinct.	Stim. and Tonic.	Teaspoonful 3 times a day.
Hydrastin.	Astrin., Tonic and Anti-bil.	1 to 2 grains 3 times a day.
Iceland Moss.	Demulcent and Tonic.	30 grains.
Iceland Moss (Decoc.)	Demulcent and Tonic.	Wineglassful 3 times a day.
Indian Turnip Root (Decoc.)	Stim., Expec., Nar.	Tablespoonful.
Indian Hemp (Solid Ext.)	Anti-spas., Hyp.	½ grain 3 times a day.
Indian Hemp (Decoc.)	Diar., Diur. and Emetic.	Teaspoonful 3 or 4 times a day.
Indian Hemp Resin of (Tinct.)	Arterial Sedative.	
Iodine.	Anodyne.	1 or 2 grains a day.
Iodide of Potassium.	Blood Purifier.	1 dram in 8 oz. Syrup Stillingia.
Iodoform.	Caustic (mild).	Ointment.
Ipecac, Powdered.	Emetic 20 grains; Fld. Ext., 20 drops.	Syrup, Teaspoonful.
Ipecac (Wine of).	Emetic and Diaphoret.	Teaspoonful 3 times a day.
Irish Moss (Infusion).	Nutritious and Demul.	Tablespoonful 3 times a day.
Iron, Bromide.	Anti-scorb. and Uterine.	1 grain.
Iron, Carbonate (rust).	Tonic and Chalybeate.	5 to 10 grains.
Iron, Citrate.	Tonic and Chalybeate.	5 grains in water 3 times a day.

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NAME.	CHARACTER.	DOSE.
Iron Per. Sulph (Solution).	Styptic.	Apply externally to cuts.
Iron Per. Hydrogen.	Tonic and Chalybeate.	3 to 5 grains.
Iron, Phosphate of.	Tonic and Chalybeate.	5 to 10 grains.
Iron, Hypophosphate of.	Tonic and Chalybeate.	1 to 2 grains.
Iron, Syrup of Iodide of.	Tonic and Altera.	15 drops 3 times a day.
Iron, Sulphate of.	Tonic and Astring.	1 to 2 grains.
Iron Tinct. Muriate.	Tonic and Chalybeate.	10 to 20 drops in water.
Jalap Powdered.	Cathartic.	10 to 15 grains.
Jalap (Fld. Ext.)	Cathartic.	10 to 15 drops.
Jalap (Solid Ext.)	Cathartic.	8 or 10 grains at bedtime.
Jerusalem Oak (Decoc.)	Anthelmintic.	Tablespoonful on empty stomach.
Juniperberries (Infu.)	Diuretic.	Wineglassful 3 times a day.
Juniperberries (Oil).	Diuretic.	3 or 4 drops.
Kermes Mineral.	Diaphoretic and Diuretic.	1 grain.
Lactucarium.	Anodyne.	5 to 10 grains.
Ladies' Slipper Root, Decoc.	Nervine.	Teaspoonful 2 times a day.
Ladies' Slipper Root, Fld. Ext.	Nervine.	Teaspoonful in a day.
Laudanum as an	Anodyne 10 drops. As	a Narcotic 20 drops.
Lead Acetate.	Astringent and Sedative.	2 grains every 3 hours.
Lead, Acetate Sugar of.	Astringent lotion.	3 or 4 grains in ounce of water.
Lead, Goulard's Extract.	Sedative and Anodyne.	1 ounce in pint water. External.
Lead, Goulard's Cerate.	Sedative and Anodyne.	Apply externally.
Lime Water and Milk.	Sedative.	Tablespoonful for sick stomach.
Lime, Hypophosphate.	Prophylactic.	2 or 3 grains 3 times a day.
Lime, Comp. Syrup, Hypophos.	Prophylactic.	Teaspoonful 3 times a day.
Lemon Balm (Infus.)	Diaph. and Stimulant.	Tablespoonful.
Leptandrin.	Cathartic.	3 to 5 grains.
Liquorice Root (Decoc.)	Demulcent and Expect.	Wineglassful 3 times a day.
Liquorice Root, Spanish Ext.	Demulcent and Expect.	At will.

NAME.	CHARACTER.	DOSE.
Life Everlasting (Decoc.)	Astrin., Diaph. and Stom.	Tablespoonful.
Life Root (Decoc.)	Tonic, Diaph. and Pecto.	Tablespoonful.
Life Root (Fld. Ext.)	Tonic, Diaph. and Pecto.	Teaspoonful.
Live wort (Decoc.)	Astrin., Demul. and Pec.	Tablespoonful.
Liverwort (Fld. Ext.)	Astrin., Demul. and Pec.	Teaspoonful.
Liverwort (Syrup).	Astrin., Demul. and Pec.	Tablespoonful.
Lobelia Herb Powd.	Emetic and Diaph.	5 or 6 grains.
Lobelia Herb Infus.	Emetic and Diaph.	Teaspoonful. Repeat.
Lobelia Herb (Fld. Ext.)	Emetic and Diaph.	20 to 30 drops. Repeat.
Lobelia Seed Powd.	Emetic and Diaph.	5 to 10 grains.
Lobelia Seed (Infus.)	Emetic and Diaph.	Teaspoonful.
Lobelia Seed (Fld. Ext.)	Emetic and Diaph.	10 to 20 drops.
Lobelia Seed (Tinct.)	Emetic and Diaph.	$\frac{1}{2}$ teaspoonful.
Lobelia Seed (Syrup).	Expectorant.	Teaspoonful.
Lovage (Infus.)	Carm., Stom., Emm.	Teaspoonful.
Macrotin.	Nar., Dia., Diur. and Ner.	2 grains.
Magnesia, Carb.	Laxative and Antacid.	10 to 20 grains.
Magnesia, Calcined.	Antacid and Laxative.	15 to 25 grains. Repeat if necessary.
Magnesia, Citrate of.	Purgative.	6 to 10 ounces, on empty stomach.
Maidenhair, Herb, Decoc.	Expec. and Stomac.	Tablespoonful.
Maidenhair, Herb, Syrup.	Expec. and Stomac.	Tablespoonful.
Marshmallow Root, Infus.	Demulcent and Diuret.	Tablespoonful every 3 hours.
Marshmallow Root, Syrup.	Demulcent and Diuret.	Tablespoonful every 3 hours.
Marshrosemary Root, Decoc.	Astringent.	Tablespoonful twice a day.
May Apple Root, Powd.	Hydragogue Cathar. tic.	15 or 20 grains at night.
May Apple Root (Decoc.)	Hydragogue Cathar. tic.	Tablespoonful at night.
May Apple Root (Fld. Ext.)	Hydragogue Cathar. tic.	15 to 25 drops at night.
May Apple Root (Solid Ext.)	Hydragogue Cathar. tic.	5 to 10 grains at night.

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NAME.	CHARACTER.	DOSE.
May Weed, Herb. (Infus.)	Diaphoretic and Sudorific.	Tablespoonful. Repeat.
Manna (Syrup of).	Laxative.	1 dram on empty stomach.
Mercury and Chalk.	Alterative.	8 or 10 grains.
Mercury, Proto-iodide of.	Alterative and Anti-syphilitic.	$\frac{1}{2}$ to 1 grain twice a day.
Mercury, Deuto-iodide of.	Alterative and Anti-syphilitic.	1-16th to 1-12th of a grain twice a day.
Mercury, Red Precip. Oint.	Stimulant, external.	Apply to old ulcers.
Mercurial Ointment (Blue).	Resolvent, external.	Apply to swellings, etc., etc.
Milk weed Root (Infus.)	Diuretic and Anodyne.	Teaspoonful. Repeat if necessary.
Morphia, Sulphate of.	Anodyne and Soporific.	$\frac{1}{8}$ to $\frac{1}{4}$ of a grain.
Morphia, Solution of.	Anodyne and Soporific.	Teaspoonful every hour until 5 are taken.
Morphia, Syrup of.	Anodyne and Soporific.	Teaspoonful every hour until 5 are taken.
Morphia, Comp. Syrup. Jackson's Cough Syrup.	Anodyne and Expectorant.	Teaspoonful every 3 hours.
Motherwort (Decoc.)	Nervine and Emmenagogue.	Teaspoonful every 3 hours.
Mullein Leaves (Infus.)	Anodyne and Demulcent.	Wineglassful 3 times a day.
Mustard Seed, (black) Ground.	Stim., Diur. and Emetic.	$\frac{1}{20}$ to 40 grains.
Mustard Seed (white) Ground.	Stim., Diur. and Emetic.	20 to 40 grains.
Mustard Plaster.	Rubefac. and Vesicant.	External application.
Myricin.	Nervine and Diaphoretic.	2 or 3 grains.
Nettle Herb, Infus.	Tonic and Astringent.	Teaspoonful. Repeat if necessary.
Nitrate of Silver, Chrys.	Astrin. and Anti-spas.	$\frac{1}{4}$ to $\frac{1}{2}$ grain twice a day.
Nitrate of Silver, Mild Sol.	Stimulant and Detergent.	Apply externally.
Nitrate of Silver, Lunar Caustic.	Escharotic.	Apply externally.
Nutgalls, Tinct. of.	Astringent.	Teaspoonful. Repeat if necessary.

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NAME.	CHARACTER.	DOSE.
Nutgalls, Ointment of.	Astringent, (excellent for Piles.)	Apply externally.
Nux Vomica, Tinct.	Exc., Stim., Tonic and Diur.	10 drops 3 times a day.
Nux Vomica, Fld. Ext.	Exc., Stim., Tonic and Diur.	3 or 4 drops 3 times a day.
Nux Vomica, Solid Ext.	Exc., Stim., Tonic and Diur.	1 grain 3 times a day.
Opium Powdered.	Narcotic and Stimul.	1 grain at night. Repeat if necessary.
Opium, Tincture of.	See Laudanum.	
Opium, Camphorated Tinct.	See Paregoric.	
Orange Peel, Tincture.	Tonic and Carmina.	Teaspoonful 3 times a day.
Oswego Tea (Infus.)	Tonic, Stim. and Febr.	Tablespoonful 4 times a day.
Parsley Root, Infus.	Diuretic and Alterative.	Tablespoonful 3 times a day.
Pareira Root, Infus.	Diuretic and Nep.	Tablespoonful 4 or 5 times a day.
Pareira Brava, Decoc.	Diuretic and Alterative.	Tablespoonful 4 times a day.
Pareira Brava, Fld. Ext.	Diuretic and Alterative.	25 or 30 drops 3 times a day.
Paregoric.	Anodyne.	Teaspoonful. Repeat if necessary.
Pennyr-yal, Infusion.	Emm., Stim. and Diaph.	Wineglassful every hour.
Peppermint, Infusion.	Stimulant and Carmin.	Wineglassful 2 or 3 times a day.
Peruvian Bark, Pulv.	Tonic and Febrifuge.	1 dram 2 times a day.
Peruvian Bark (Decoc.)	Tonic and Febrifuge.	Wineglassful 3 times a day.
Peruvian Bark (Fld. Ext.)	Tonic and Febrifuge.	30 to 50 drops 3 times a day.
Peruvian Bark (Solid Ext.)	Tonic and Febrifuge.	10 or 15 grains twice a day.
Peruvian Bark, Huxham's Tincture.	which see.	
Piperine.	Tonic and Stimulant.	1 or 2 grains.
Pilewort (Decoc.)	Astring. and Herp.	Apply externally.
Pink Root (Infusion).	Anthelmintic.	Tablespoonful before each meal.
Pink Root (Fld. Ext.)	Anthelmintic.	30 to 60 drops before each meal.
Pink Root (Comp. and Senna.	Anthelmin. and Purgative.	Teaspoonful before each meal.

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NAME.	CHARACTER.	DOSE.
Pipsisseway (Decoc.)	Tonic, Diuretic and Astringent.	4 drams 3 times a day.
Pleurisy Root (Infus.)	Carm., Tonic and Diur.	4 drams 3 times a day.
Pleurisy Root (Fld. Ext.)	Carm., Tonic and Diur.	60 drops 3 times a day.
Podophyllin.	Drastic and Purgative.	1 grain or 2 at night.
Poplar Bark (Decoc.)	Tonic and Febrifuge.	Tablespoonful 3 times a day.
Pond Lily Root (Decoc.)	Astringent.	Tablespoonful 3 times a day.
Potassium, Bromide.	Anti-scorbutic.	4 to 8 grains.
Potassium, Iodide of.	Alterative and Anti-syphi.	5 to 10 grains 3 times a day.
Potash, Bicarbonate.	Antacid and Diuretic.	10 to 20 grains.
Potash, Chlorate.	Prophylactic.	10 or 15 grains in water.
Potash, Chlorate Solution.	Wash or gargle.	2 drams in pint of water.
Potash, Citrate.	Refrigerant and Diaphor.	15 to 20 grains.
Potash, Nitrate (Salt-petre).	Refrigerant and Diaphor.	5 to 10 grains.
Potash, Prussiate.	Anodyne and Sedative.	10 to 15 grains in water twice a day.
Quassia (Infusion).	Bitter Tonic.	1 dram $\frac{1}{2}$ hour after meals.
Quassia (Tincture).	Bitter Tonic.	30 to 40 drops $\frac{1}{2}$ hour after meals.
Queen's Root (Decoc.)	Alterative and Cathartic.	4 drams 3 times a day.
Queen's Root (Fld. Ext.)	Alterative and Cathartic.	60 drops 3 times a day.
Queen of the Meadow Root (Decoc.)	Diur. and Arom.	2 drams 3 times a day.
Quince Seed (Decoc.)	Demulcent.	2 drams 3 times a day.
Raspberry Leaf (Infus.)	Astringent and Tonic.	Wineglassful every hour or two.
Raspberry Leaves (Syrup).	Astringent and Tonic.	Tablespoonful 3 or 4 times a day.
Ragweed (Decoc.)	Anthelmintic and Tonic.	Tablespoonful 3 times a day.
Rhatany Root (Decoc.)	Astringent and Tonic.	Wineglassful.
Rhatany Root (Tinct.)	Astringent and Tonic.	Teaspoonful.
Rhubarb, Pulv.	Cathartic and Astrin.	20 grains.
Rhubarb, Tincture Comp.	Cathartic and Astrin.	Teaspoonful.

NAME.	CHARACTER.	DOSE.
Rhubarb, Fld. Ext.	Cathartic and Astrin.	20 to 30 drops.
Rhubarb (Syrup of).	Cathartic and Astrin	Teaspoonful (after blue pill).
Rochelle Salts.	Aperient.	$\frac{1}{4}$ ounce on empty stomach.
Rue, Herb (Decoc.)	Tonic, Emm and Anthel.	2 drams.
Saffron, Am. (Decoc.)	Diaphoretic doses.	2 or 3 drams (fluid).
Saffron, Am. (Infu.)	Stimulant and Emm.	4 to 6 fluid drams.
Saffron, Span. (Decoc.)	Diaphoretic dose.	1 or 2 fluid drams.
Saffron, Span. (Infu.)	Stimulant and Emm.	3 or 4 fluid drams.
Sage (Infusion).	Sudorific and Stem.	4 fluid drams.
Salicylic Acid	Febrifuge and Tonic.	1 dram in 24 hours.
Salicylate of Soda.	For Acute Rheumatism.	15 grains 5 times in 24 hours.
Salicine (from willow bark).	Febrifuge and Tonic.	4 or 5 grains 3 times a day.
Santonine.	Anthelmintic.	1 to 2 grains twice a day.
Sarsaparilla (Decoc.)	Alterative and Deo.	8 fluid ounces in 24 hours.
Sarsaparilla (Fld. Ext.)	Alterative and Deo.	1 fluid dram 3 times a day.
Sarsaparilla, Comp. Syrup.	Alterative and Deo.	4 fluid drams 4 times a day.
Sassafras Bark (Tinfus.)	Diaph. and Stimulant.	Wineglassful 6 times a day.
Sassafras, Pith of (Infus.)	Demulcent and Anody.	Excellent to bathe inflamed eyes.
Savin Leaves (Infus.)	Emmen., Stim. and Diur.	1 or 2 fluid drams.
Savin Leaves (Extract).	Emmen., Stim. and Diur.	5 to 8 drops.
Savin Leaves, Oil of.	Emmen., Stim. and Diur.	2 or 3 drops (in pill).
Scammony, Powd.	Cathartic.	10 or 12 grains at night.
Scutellarin.	Nerv, Sudo. and Diur.	1 to 2 grains.
Seidlitz Powders.	Aperient.	1 powder on empty stomach.
Senega Snake Root (Decoc.)	Expec., Stim. and Diur.	Tablespoonful.
Senega Snake Root (Fld. Ext.)	Expec., Stim. and Diur.	20 to 30 drops.
Senega Snake Root (Syrup.)	Expec., Stim. and Diur.	1 or 2 fluid drams.
Senna (Decoc.)	Cathartic.	Tablespoonful.
Senna, Fluid Ext.	Cathartic.	30 to 60 drops.

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NAME.	CHARACTER.	DOSE.
Skull Cap, Infus.	Nerv., Sudo. and Diur.	1 fluid ounce 3 or 4 times a day.
Skull Cap (Fld. Ext.)	Nerv., Sudo. and Diur.	Teaspoonful every 3 or 4 hours.
Skunk Cabbage (Infus.)	Stim., Ex. and Anti-spas.	Teaspoonful.
Spirits Mindererus.	Diaphoretic and Diur.	Tablespoonful. Repeat if necessary.
Spikenard (Decoc.)	Pectoral and Stomachic.	Tablespoonful. Repeat if necessary.
Stillingeæ Root (Fld. Ext.)	Alterative.	30 to 60 drops 4 times a day.
Stramonium Leaves (Tinct.)	Nar., Sed. and Anti-sp.	20 to 25 drops 3 times a day.
Stramonium Leaves (Oint.)	Sedative.	Apply externally.
Stramonium Leaves (Ext.)	Narcotic and Sedative.	1 to 2 grains.
Sweet Basil (Infus.)	Aromatic and Stimulant.	Tablespoonful. Repeat if necessary.
Sweet Marjoram (Decoc.)	Diaphoretic and Tonic.	1 fluid ounce. Repeat if necessary.
Sweet Spirits Nitre.	Diur., Diaph. and Febrif.	15 drops to a dram in water.
Sweet William.	Stimulating and Tonic.	1 or 2 ounces 3 times a day.
Tansy double (Decoc.)	Sud., Emm. and An-thel.	Teaspoonful. Repeat if necessary.
Tansy double, Oil of.	Sud., Emm. and An-thel.	10 to 15 drops. Dangerous.
Thyme (Infus.)	Arom. and Stom.	6 to 8 drams. Repeat if necessary.
Thyme (Fermentation).	Sedative.	Apply externally.
Thorn Apple (Fld. Ext.)	Nar., Sed and Anti-sp.	15 or 20 drops. Repeat if necessary.
Unicorn Root (Infus.)	Tonic and Diuretic.	6 to 8 drams. Repeat if necessary.
Unicorn Root (Fld. Ext.)	Tonic and Diuretic.	60 drops. Repeat if necessary.
Uva Ursi Leaf (Decoc.)	Tonic and Diuretic.	1 fluid ounce. Repeat if necessary.
Uva Ursi Leaf (Fld. Ext.)	Tonic and Diuretic.	60 drops. Repeat if necessary.
Veratrum Viride (Fld. Ext.)	Arterial Sedative.	3 to 5 drops every 4 hours.
Veratrum Viride, Norwood's Tinct.	Arterial Sedative.	5 to 8 drops every 4 hours.

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NAME.	CHARACTER.	DOSE.
Watermelon (Decoc.)	Seed Demulcent and Diuretic.	1 fluid ounce 4 times a day.
Water Pepper (Tinct.)	Herb Stim., Diur. and Emm.	60 drops. Repeat if necessary.
Water Pepper (Fld. Ext.)	Herb Stim., Diur. and Emm.	20 to 30 drops. Repeat if necessary.
Water Dock (Decoc.)	Astrin. and Deter.	Apply externally.
Wahoo Bark (Decoc.)	Tonic, Lax. and Alter.	1 fluid dram.
Wahoo Bark (Fld. Ext.)	Tonic, Lax. and Alter.	60 drops. Repeat if necessary.
Wild Ginger (Decoc.)	Stim., Arom., Diaph.	1 fluid ounce 3 times a day.
Wild Cherry Cold Infus.	Bark, Tonic, Astrin. and Sed.	Tablespoonful 3 times a day.
Wild Cherry (Fld. Ext.)	Bark Tonic, Astrin. and Sed.	20 to 30 drops 3 times a day.
Wild Cherry Syrup.	Bark, Sedative.	4 to 6 fluid drams 3 times a day.
Wild Lettuce (Infus.)	Herb Narcotic and Diuretic.	6 or 8 fluid drams.
White Oak (Decoc.)	Bark Astrigent.	Syringe vagina.
White Mustard Seed.	Stim., Diur. and Emetic.	30 to 60 grains.
Yarrow Herb (Decoc.)	Astrin. and Diaph.	1 fluid ounce.
Yellow Dock (Decoc.)	Alterative, Deter. and Diaph.	1 fluid ounce.
Yellow Dock (Fld. Ext.)	Alterative and Diaph.	40 to 60 drops.
Yellow Jessamin (Fld. Ext.)	Sed., Dia. and Feb.	5 to 10 drops.
Yellow Jessamin Tinct.	Sed., Dia. and Feb.	Teaspoonful.
Yellow Parella (Decoc.)	Alter., Tonic and Laxa.	2 drams 3 times a day.
Yellow Root (Decoc.)	Astrin., Tonic and Anti-bil.	2 drams. Repeat.
Yellow Root (Fld. Ext.)	Astrin., Tonic and Anti-bil.	20 to 30 drops 3 times a day.
Yellow Root (Tinct.)	Astrin., Tonic and Anti-bil.	60 drops 3 times a day.
Zedoary (Decoction).	Stomachic.	4 fluid drams 3 times a day.
Zinc, Acetate of.	Astringent Lotion	1 dram in pint of water. Use externally.

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NAME.	CHARACTER.	DOSE.
Zinc, Chloride of.	Caustic and Discu- tient.	$\frac{1}{2}$ grain in water twice a day.
Zinc, Chloride of.	Astringent Lotion.	5 grains in pint water Apply externally.
Zinc, Sulphate of.	Emetic.	20 to 40 grains.
Zinc, Sulphate of.	Astringent Lotion.	40 to 60 grains in pint water. Apply ex- ternally to reduce swellings.
Zinc, Valerianate of.	Tonic and spasmodic.	Anti- 1 grain 3 times a day.

A General Rule for Prescribing Medicines.

A child under one year old will require one-twelfth of a dose for adults.

A child two years old will require one-eighth of a dose for adults.

A child three years old will require one-sixth of a dose for adults.

A child four years old will require one-fourth of a dose for adults.

A child seven years old will require one-third of a dose for adults.

A child thirteen years old will require one-half of a dose for adults.

A child eighteen years old will require two-thirds of a dose for adults.

A child twenty and over will require full dose for an adult.

THE PORT OF PHILADELPHIA

offers the most extraordinary facilities to vessels which have met with disasters at sea, to refit and refurnish. We have, in addition to our commodious and safe harbors, anchorage at our magnificent piers for any amount of tonnage, with water of sufficient depth to accommodate vessels of the heaviest draft. The Delaware river, at this point, is free from ob-

struction, and the navigation is at once safe, simple and pleasant.

At this port are congregated the best ship-smiths and machinists in the world. Here are situated the well-known works of Birely, Hillman & Co.; Baird & Huston; A. S. Simpson & Bro.'s dry docks; John Baizley & Sons, and others, whose well-earned reputations for faithful work and fair dealing, has made Philadelphia the objective point for tempest-tossed mariners in all parts of the broad Atlantic. Here also are situated the naval store depots of such firms as Edwin H. Fidler & Co.; Shubert & Cottingham; Bartlett & Shepherd, and hosts of others too numerous to mention.*

Above the city proper, at Port Richmond, lies the ship-yard of Commander Gorringer, late of the United States Navy, perhaps the most commodious and best equipped naval construction depot in the world. Here thousands of skilled mechanics are constantly employed in building and fitting out some of the finest vessels that have ever been launched.

Sail-making, at this port, has been pushed to a degree of excellence never exceeded, and rarely equalled at any other part of this country.

Opposite the city, at Cooper's Point, on the

* When our canvasser called upon one of the widest known Ship-Machinists in this city for an advertisement for this book, he was sneeringly told that "five dollars spent on an engineer would go farther than fifty spent in advertising honest work and fair prices." If this is true, Philadelphia has reason to be proud of her engineers: and her vessel-owners should seek protection from the tender mercies of their friends. We will give the name of this firm to any shipowner who may desire it.

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New Jersey shore, may be found also some of the best ship-yards and dry-docks in this or any other country. Here, also, ample anchorage and facilities for repairs of vessels may be found. Among the prominent live men engaged in ship-building here may be mentioned Messrs. Morris & Mathis; Hillman & Co.; Wood & Co.; Samuel J. Tilden (who also has a Marine Railway), and Jos. Baymore's spar-yard, under the able superintendence of Mr. E. Bowen, where a fleet of vessels can be sparred at a week's notice. Here, also, are the smith shops of Messrs. Sheppard & Fithian, whose work is all A. No. 1. No better can be found.

Farther down the river on the same side are the yards of Vanneman & Son; Dialogues & Co., and others, who turn out the best of work, and employ none but the best and most skilful mechanics. In one word, Philadelphia and Camden offer facilities for ship building and repairing not to be found in any other port in America—if in the world.

Music vs. Medicine.

Now hear the conclusion of the whole matter: friends and countrymen, let us have more music and less medicine in our families, and we will all be wiser and better, healthier and happier.

Music strengthens the lungs and the limbs; it develops the muscles of the throat and chest, and sheds a benign influence over the temper and disposition. It promotes cheerfulness and contentment, and distils its drop of quiet pleasure into the huge, unsightly bucket of worldly cares and daily vexations which at times cloud

the existence of us all. Let us have more of it. Parents, practice it yourselves, and teach it to your children; devote a part of each day to its cultivation; very little consumption ever finds a resting place in families where vocal and instrumental music abounds; and Pestilozzi says "no good musician was ever hanged." That is a consideration of itself worthy of note.

During his extensive travels in Europe, the late Dr. Lowel Mason, of Boston, failed to find one single case of pulmonary consumption in that portion of the German Empire washed by the waters of the Rhine. The cause of this extreme healthiness he attributes to the universal prevalence of music. Every child that is born learns music as he learns to read; in a word he imbibes it with his mother's milk, and by the time he reaches his tenth year he can read music with equal facility with poetry. It is no uncommon thing, says Mr. Mason, to hear a concert on the Rhine, given by two, three, or even four boat-clubs who accidentally meet on the river, in which the various parts of the harmony are rendered with astonishing accuracy and sweetness, by parties who never met before in their lives. These minstrels perform the most intricate and difficult madrigals and fuges, with marvelous correctness of time and tune, simply because accustomed to it from their earliest childhood. Nor is this all. They are a fine-looking, ruddy, healthy class of people, with a muscular development which would do honor to a Roman gladiator. They are never sick, and a cough is unknown among them. They exercise their lungs and their muscles at the same time; and a boy or girl who cannot sing is a

phenomenon rarely or never seen in Germany. There is no reason under the sun why music should not be as universally cultivated in America as in Germany: and if it were, its legitimate effects upon the health and tempers of our young people would be as beneficial here as there. There is nothing peculiar in our climate which predisposes our youth to such diseases as consumption, base ball, and a disposition to go west and "**kill Injuns;**" and I take upon myself the responsibility of saying, that were they regularly instructed in the theory and practice of music, the above-named diseases and many others, equally difficult to control, would in a short time disappear from our midst. Consumption would give place to healthy lungs, and a cheerful disposition; base ball would be superseded by the more useful and respectable occupations of sawing wood, getting in coal, and sweeping the streets; while going west to "**kill Injuns**" would pale into insignificance beside the glories of conducting a mud-machine, or an odorless excavator.

Every household in the land should have a musical instrument of some kind: a piano, or a parlor organ; these latter instruments are being brought to a degree of perfection in this country which the most sanguine had hardly dared hope for. They are placed on the market also, at prices which bring them within the reach of all, even those in the most moderate circumstances. There are many houses in this city where good instruments may be obtained for a very small sum of ready money, thus enabling all to partake of the pleasure and profit which is alone derived from a good musical in-

strument, played by a master hand. David charmed the devil out of old Saul, by the skillful manner in which he swept the strings of his harp—not a **jew's harp**—and David is not the only person who has learned by happy experience how to expel the devil of discord and contention from the family circle, by the skillful use of music and song. Verily I say unto you, my brethren, "Music hath charms to soothe the savage breast," and those families who have most of it will be the most cheerful and contented : and contentment is happiness.

The following interesting article from "McMaster's History" is especially appropriate at this time.

F. C. M.

The Origin of Yellow Fever Infection.

In McMaster's history of the people of the United States, in contrasting the condition of medical science in 1784 with the improved means for the cure and prevention of disease now practiced, he alludes to the fact that yellow fever was in the days of the Colonies as great a scourge in the Northern cities as it has since proved to be in the cities of the South. An address delivered before the British Medical Association at Liverpool by Charles Creighton, M. D., M. A., on the "Autonomous Life of the Specific Infections," of which the full text is given in the *Medical Record*, contains some interesting facts concerning the history and geography of yellow fever which go far to explain the prevalence of yellow fever at an early day, and the subsequent exemption of Northern cities from its ravages. The first point that

strikes one, he says, is that it appeared in the seventeenth century as a new disease. The next point is that there is something peculiar in its geographical distribution. We are apt to locate yellow fever at the ports bordering the Gulf of Mexico and Brazil, but facts show that it had been a scourge in Philadelphia and New England many years before its appearance in New Orleans, where it first broke out in 1796, while it was first known in Rio in 1849. However, it does not appear to be latitude and longitude that govern the distribution of the disease. The one thing which covers its history and its geography is, according to our authority, the slave trade. He shows that it has followed the course of the ships engaged in the contraband slave trade. The disastrous outbreak in Barcelona in 1821 gave the first clew to the connection between yellow fever and the slave trade. Upon inquiry, it was ascertained that there had existed a great amount of dysenteric sickness among the human cargo of the ships which had returned to the Spanish ports laden with merchandise immediately after discharging their loads of slaves at the West Indies. This was at the time of the irregular slave trade, and corresponds with the period of the outbreak of cholera in America, Spain and the west coast of Africa. These facts, which were discovered by Dr. Audouard, a physician employed by the French Government to investigate the cause of the disease, suggested to him that the scourge was a peculiar form of typhus fever, due to matters which could be traced to the negro body. "There is something," he said, "quite peculiar to the negro's constitution, and it was not sur-

prising that the discharges from his sick body should be able, when fermented, to produce in others a typhus fever of a peculiar type." His opinions were rejected by the French Royal Academy of Sciences, which did not consider that his facts covered enough space. Nevertheless, Dr. Creighton asserts that the whole history and geography of yellow fever in America was on his side, and Dr. Audouard's theory seems to gain additional force from the fact that in the seaboard cities of the United States the fever was practically eradicated soon after the importation of negroes ceased. Another confirmation may be found in the establishment of yellow fever in the seaports of Peru in 1853. At about this time there arrived in Callao crowded shiploads of sickly Chinese. These people, like the negroes, did not have yellow fever, and they are said to enjoy the same immunity from the disease on shore; but they suffered from those dysenteric and other non-contagious ailments which are the antecedents of yellow fever. A curious fact is the immunity of the negro from yellow fever, although he is peculiarly liable to cholera and the ordinary forms of typhus. This immunity, says Dr. Creighton, is perhaps not so striking now, when the negro blood is less pure, but all the earlier authors were much impressed by it. As an example, he cites the summer of 1866 at Vera Cruz, at which time the yellow fever decimated the French soldiers, the Arabs from Algiers, Indians from the interior of Mexico and the Creole troops, while among the 900 negro soldiers raised in the West Indies and in the Soudan and Nubia there were but three cases

and only one death. Hence, he argues Dr. Audouard was right in ascribing the origin of yellow fever to the filth of slave ships. Added to this is the fact that the disease rages most in quarters thickly inhabited by negroes. It still lurks about the wharves where cargoes of slaves used to be landed. The soil seems to be impregnated with the germs of the scourge, and, he says, "every few years, when the weather is at the hottest, it rises into a pestilence, as if it were the ghost of the slave trade walking. But it passes by the negro, as if it recognized the ties of blood; and I want no other fact than that to prove that even this infection, belonging to the exogenous group, is but one step removed from perturbations of the normal life, and that it carries with it the indelible stain of its origin."

All-powerful Fashion. A New Discovery.

Fashion dictates the removal of all the natural teeth, and the substitution of an artificial set in their place. Fashion is a benefactress! Is she not furnishing work for the needy dentist? Fashion dictates the cutting off of the front hair of ladies, and the substitution of "three sets of shingle bangs," plastered upon the forehead, covering the little brains with which the Almighty has endowed them, and giving themselves the appearance of a Shetland pony that has escaped from a badly conducted menagerie. Fashion is a good, kind mother! Does she not provide employment for the hairdresser? Ladies, follow the fashion. Fashion is a wonderful sorceress. Follow her, if she leads you to the "d-mnition bowwows."

A new discovery has just been made, which is bound to become immensely fashionable and popular among the ranks of uppertendom; especially as it discards certain old-fashioned and slow processes, introduced by nature, and nature's God, and substitutes in their places a new and scientific principle, which shortens and simplifies certain matters, and renders some things decidedly more genteel and ladylike.

It is a well-known and long-lamented fact, that as ladies recede from the age of thirty years (they never grow old), they increase in what the French call *embonpoint*, that is to say, the abdomen grows unfashionably large. To obviate this Prof. Reipheimup, the great English manipulator, has just made the astonishing discovery that "bowels are supernumerary; having only been placed in the abdominal cavity to fill up," and he has accordingly removed those of Lady Diana Shallipate, of Bumstein Manor, and placed in the cavity a far more elegant and useful apparatus, which completely overcomes the natural deformity, "and renders the person delightfully slim, elegant and fashionable." The Bumstein Palladium of Fashion thus describes the operation of the new discovery:

"At 10 o'clock this morning, at Bumstein Manor, Prof. Reipheimup performed the 'new operation' upon Lady Diana Shallipate, for the purpose of reducing corpulence. After opening the abdominal cavity, and removing the useless small intestines, for the Professor has discovered that the small intestines are useless, the patient was placed under the influence of an anæsthetic, and a soft rubber tube about an inch in diame-

ter was inserted in their place. This tube at the upper end communicates directly with the stomach, and the lower end with the outlet of the intestinal canal. The impossibility of any offal remaining in the abdomen is thus secured, and the idea of corpulency forever shut out of the question. The operation was a complete success; and is destined to become intensely fashionable."

Diphtheria.

There can be no possible doubt but that much of the diphtheria of the present day owes its origin to the use in sleeping-rooms, of impure, dirty specimens of kerosene oil, burned in filthy, ill-trimmed lamps, which in a large majority of households are allowed to burn all night. The flame of the lamp is turned down low, in order not to interfere with the sleeping, and the room is filled with the poisonous fumes, which are inhaled into the throat and lungs. These fumes destroy the membranes, and pave the way for some of the most obstinate cases of diphtheria which the physician is ever called upon to treat. Prevention is better than cure. If you must have a light "to see to sleep by," a common tallow candle is far better than a kerosene lamp: Neither is at all necessary. If you have children or invalids who require attention at night, a lamp and a match-box on a small table at the head of the bed, within easy reach, is all that is necessary to procure a light at a moment's notice. Sulphur is believed by some physicians to be a specific for diphtheria. A teaspoonful in a wineglass of water, stirred with the finger, used as a gargle, will, in its early stages, give instant relief; swallow a part of it. Take of finely pul-

verized sulphur one ounce ; glycerine two ounces, mix well, and give a tablespoonful three or four times a day. Saturate a sponge with the same, and apply to the nostrils. If this treatment is applied in time, it is always successful.

Various Preparations of Dextro-quinine.

No. 1.

Dextro-quinine, 1 dram ; Syrup Liquorice, 8 ounces. Mix. Dose, teaspoonful every two hours, for children in **intermittent fever**.

No. 2.

Dextro-quinine, 1 dram ; Elixir Eucalyptus (Kino) Comp., 4 fluid ounces. Mix, and give children 20 to 30 or 40 drops as often as required in **malaria**.

No. 3.

Dextro-quinine, 15 grains ; Dilute Hydrochlor. Acid, 4 ounce ; Simple Syrup, 1 ounce ; Distilled Water, 4 ounces. Mix, and give tablespoonful every 4 hours after sweating in **intermittent fever**.

Double the quantity 3d day.

No. 4.

Carbonate Ammonia, 2 drams ; Dextro-quinine, 2 drams ; Tinct. Aconite Root, 25 drops ; Water, 8 fluid ounces. Teaspoonful every two hours in **pneumonia**.

No. 5.

Dextro-quinine, 30 grains ; Huxham's Tincture, 6 fld. ounces ; Dil. Hydrochloric Acid, 25 drops. Teaspoonful 4 times a day in **intermittents**, as a tonic. Double dose 7th, 14th and 21st days.

No. 6.

Dextro-quinine, 30 grains ; Tinct. Orange peel, 4 fld. ounces ; Dil. Sulphuric Acid. 1 fld.

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dram; Chloroform, 1 fld. dram. Teaspoonful 3 times a day in water. Same as No. 5.

No. 7.

Dextro-quinine, 1 dram; Syrup Iodide of Iron, 4 fld. drams; Infusion Columbo Root, 8 ounces. Teaspoonful 3 times a day, after meals. **Alterative tonic.**

No. 8.

Dextro-quinine, 4 drams; Infusion Foxglove, 8 fld. ounces. Teaspoonful every 2 hours in **scarlatina and sore throat.** Very important.

Various Forms of Dextro-quinine Pills.

No. 9.

Pulv. Iron, 60 grains; Dextro-quinine, 60 grains; Strychnia, $1\frac{1}{2}$ grains. Mix, and make 60 pills. Dose, 2 a day as a **tonic.**

No. 10.

Dextro-quinine, 60 grains; Vallett's Mass, 60 grains; Phosphorus, 30 grains; Alcohol Ext. Nux. Vom., 5 grains. Mix, and make 30 pills, one at morning and evening. The **finest tonic known.**

No. 11.

Dextro-quinine, 60

grains; Podophyllin, 30 grains; Sanguinarian, 30 grains; Pulv. Cloves, 5 grains; Sol. Ext. Dandelion, sufficient to make 30 pills. Take 2 or 3 a day. An **excellent liver pill.**

No. 12.

Dextro-quinine, $1\frac{1}{2}$ drams; Phosphorus, 15 grains; Alcohol Ext. Nux. Vom., 5 grains; Pulv. Liquorice, sufficient to make 60 pills. Dose 1, 3 times a day. Not as active as No. 10. **For general debility.**

No. 13.

Sub. Carb. Iron, 60 grains; Dextro-quinine, 60 grains; Strychnia, 2 grains; Atropia, 1 grain. Sol. Ext. Dandelion, sufficient to make 60 pills. Commence with 2 a day, and after 5 days increase to 3. An excellent emmenagogue.

No. 14.

Dextro-quinine, 2 drams; Pepsin, 15 grains; Lactate of Lime, 5 grains. Pulv. Liquorice sufficient to make 60 pills. Dose 3 or 4 pills a day, for indigestion.

No. 15.

Dextro-quinine, 60 grains; Gallic Acid, 30 grains; Sol. Ext. Catechu, 30 grains. Pulv. Liquorice sufficient to make 30 pills, of which one may be taken every 3 or 4 hours, in cases of internal hemorrhage. Alternate with Dilute Nitro-Muriatic Acid.

No. 16

Dextro-quinine, 30 grains; Dandelion Sol. Ext., 60 grains; Pulv. Mandrake Root, 15 grains. Mix, and make 30 pills. One may be taken every 2 hours. **Tonic liver pill.**

No. 17.

Dextro-quinine, one and one-half drams; Honey sufficient. Mix, and make 30 3 grain pills. One may be taken every 3 hours. **Tonic.**

No. 18.

Dextro-quinine, 60 grains; Leptandrin, 30 grains; Alcoh. Ext. Nux Vomica, 2 grains. Mix thoroughly with honey, and divide into 30 pills. Commence with 2 a day. Increase to 4. **Dinner pill.**

No. 19.

Dextro-quinine, 60 grains; Vallett's Mass, 60 grains; Oil of Parsley, 30 drops; Alcoh. Ex. Nux Vomica, 6 grains. Mix, and make

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into 30 pills. Take 2 a day in obstinate cases of **painful and retarded menstruation.**

No. 20.

Dextro-quinine, 1 dram; **Ergotine**, 1 dram; **Pulv. Foxglove**, and **Ext. Hyoseyamus**, of each, 5 grains. Mix, and make 40 pills. Take one or two every 3 or 4 hours, in **bleeding at the nose.**

No. 21.

Dextro-quinine, 2 drams; **Reduced Iron**,

90 grains; **Arsenious Acid** and **Strychnia**, of each, 2 grains; **Confection of Roses**, sufficient to make 60 pills. Take one 3 times a day. **An excellent tonic.**

No. 22.

Pulv. Foxglove, 30 grains; **Sulph. of Iron**, 60 grains; **Pulv. Capsicum**, 60 grains; **Dextro-quinine**, 60 grains; **Sol. Ext. Gentian**, sufficient to make 60 pills. Take one 3 times a day to **stimulate the heart's action.**

N. B.—**Dextro-quinine** may be used as a substitute for the **Sulphate of Quinine** in all cases—grain for grain.

Various Preparations of Dextro-Quinine.

For Whooping Cough.

Dextro-quinine, 1 dram; **Hydrobromic Acid Sol.**, $1\frac{1}{2}$ fld. dram; **Syrup Ginger**, $1\frac{1}{2}$ fld. dram; **Water**, 6 ounces. Dessertspoonful 4 times a day. In-

crease according to the age of the child.

For Neuralgia.

Dextro-quinine, 60 grains; **Chloride of Ammonia**, 40 grains. Mix, and make 12 powders. Take one an hour after each meal.

For Severe Head-ache.

Dextro-quinine, 15 grains; Sulphate of Morphia, 1 grain; Syrup of Ginger, 1 ounce; Rose Water, 4 ounces. Tablespoonful 30 minutes before each meal.

For Pains in the Back.

Dextro-quinine, 1 dram; Camphor, 15 grains; Black Snake Root, 15 grains; Ext. Gentian (Solid,) 30 grains. Mix, and divide into 30 pills. Take one every 2 hours.

For Malarial Fever.

Dextro-quinine, Camphor and Mild Chloride of Mercury, of each, 24 grains; Pulv. Opium, 6 grains. Mix, and divide into 24 pills. Take one every 2 hours.

For Neuralgia.

Dextro-quinine, 30 grains; Dil. Phos. Acid, 2 fld. drams; Water, 1 and a half ounces. Mix; teaspoonful every 3 hours, gives prompt relief.

For Night Sweats.

Dextro-quinine, 1 dram; Dil. Sulphuric Acid, 2 fld. drams; Syrup Ginger, 1 fld. ounce; Water, 4 fld. ounces. Dessertspoonful before going to bed. Checks promptly.

For Severe Head-ache.

Dextro-quinine, 60 grains; Sol. Ext. Henbane, 2 grains. Mix, make 12 pills. Take one every 3 hours. Most satisfactory in its effects.

Painful Menstruation.

By the particular request of many ladies, both married and single, who have consulted me

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upon this most interesting and important subject, I have been induced to add something more to what has already been said, and to give some further directions in relation to its domestic treatment.

It is capable of demonstration that more than one half of the women in this country who have passed the age of puberty are, to a greater or less extent, troubled in this particular manner. And it is a question which is to-day exercising the thought of the most capable and intelligent physicians in all parts of the country. **What is the nature, and what the causes of this extremely troublesome and obstinate disease? And what are the means to be employed for its cure?**

Painful menstruation, or "Dysmenorrhœa," unquestionably is in many instances a constitutional disorder of the uterus; a narrowing of the uterine canal, which can only be reached by the use of mechanical means. Particularly is this the case in regard to many ladies who have repeatedly borne children, and who have never suffered in this manner until after becoming mothers. In many other cases the trouble is purely nervous, and owes its origin to causes remote from the organ involved, and traceable entirely to habits superinduced by ignorance or carelessness, or both.

The cases in which the pain is caused by natural obstructions I have found to be exceedingly rare. Many of them are only apparent, not real; at least, what appeared to be obstructions, and impediments to the catamenial discharge, disappear in a great many instances on the application of proper remedial agents,

without the use of mechanical means. The cause will generally be found in some species of nervous irritability, dating far back of the organic trouble. This nervous form of the disease is by far the most common ; it is attended with intense pain, and if from neglect or false modesty, it is permitted to become chronic, it will be found exceedingly difficult to relieve, and permanently to cure.

The treatment for young and unmarried females should be purely of a constitutional character ; at least until an exhaustion and failure of such means shall render other treatment absolutely indispensable. The presence of this disease always indicates great nervous irregularity, and a general degeneracy of the system at large : a condition which is best combated by a general course of tonic and recuperative treatment. If the patient is suffering from the present attack, the treatment should be directed to immediate relief. General treatment applies to the interval between the attacks. Iron, in almost all its different forms, is indicated in cases of this character. The dry sulphate, taken in five grain doses every three hours. Pill of the carbonate, three to five grains, every four or six hours. Syrup of the iodide, ten drops in a little water, may be taken every two or three hours, in cases where the discharge is imperfect, scanty and lacks color. In cases of an opposite character, either too frequent or too much, Arsenic is indicated. "Fowler's Solution" may be taken in doses, commencing with five drops, three times a day, gradually increasing as the system will bear, until ten or more are taken. In most phases of this disease

in unmarried women, I have found that a strong tincture of Blacksnake-root (*Cimicifuga*), given in ten or twelve drop doses, three times a day, commencing ten days before the expected period, and continued in five grain doses three times a day, during the continuance of the painful period, has produced an almost magical effect. The tincture of *pulsatilla* in doses of fifteen drops three times a day is also highly recommended. Many physicians prescribe the various preparations of opium in this disease. I gave it up as utterly useless, twenty-five years ago.

This disease has two different and distinct forms; one is in the uterus; the other in the ovaries. The first named variety clearly has no obstruction connected with it, and yet it is attended with great pain until the commencement of the discharge, when the pain subsides and the patient enjoys comparative freedom and rest. In these cases the pain is probably due to an effort of the uterus to discharge the superfluous fluid contained in the small vessels of the mucous membrane. This always occurs in women who belong to one of two different classes. First, in those of full, plethoric habit, or secondly, in those whose general health is far below the average standard.

In the case of young girls, as soon as the natural indications of menstruation commence to appear, (and the mother should keep the most vigilant watch for them,) there is perhaps no agent known to the medical profession of such varied and universal application as that particular preparation of parsley root, known as *apiol*. Drs. Ioret and Baillot, of Paris, recommend it in doses of four grains twice a day,

commencing ten days before the expected period. Later experience, however, shows that a single dose of ten grains a day, in a capsule, is a better and more useful mode of exhibition. As the young girl approaches the time of her change, the quick eye of the intelligent and careful mother at once discerns the landmarks, and prepares herself to meet them. She at once understands the general languor and sleepiness; the occasional complaints of pain in the back and limbs; the darkening circles around the eyes; and the general pallor and putty-like appearance of the countenance. A series of hot baths each night, before retiring, wrapping in blankets, and full doses of hot teas, are followed by the use of the apiol, as noted above, and a few days of quiet care indoors, and a lifetime of suffering and misery is avoided. Commence right. Progress right, and you will never end wrong.

There is one other class of cases to which the attention of the physician is often called: This is where the menstrual discharge commences without pain, and so continues for two or three days, when pain of the most terrible intensity sets in and continues until means are used to neutralize it. These symptoms very frequently occur in well-developed young women, those of full, strong habit, vigorous and muscular in person, and apparently free from every form of disease. For a few days prior to the expected period this class of patients complain of vertigo, imperfect vision, headache, tenderness of the breasts, pain in the back and other ailments. In these cases the disease is unquestionably ovarian. And the best mode of treatment is to give ten grains of the bromide of so-

dium about 10 o'clock A. M., 4 P. M., and 10 P. M., with brisk friction on the skin, and hot footbaths before retiring for the night, and apiol in fifteen grain doses each morning. This treatment must be followed up by a generous diet, gentle daily exercise in the open air, and such other aids to the promotion of general health as may be at hand. If relief is not promptly obtained, consult an intelligent physician, telling him fully and freely your troubles.

THE USE OF SALT.

We live in an age of follies, foibles, and fancies. To be the promulgator of a new theory or ism seems to be the sole ambition of a certain, or more correctly, a very uncertain class of society. And it makes no difference, how absurd, or unphilosophical the theory may be, if it is only new, it will find advocates and disciples everywhere. Among other follies of the day some indiscreet persons are objecting to the use of salt, and propose to do without it. Nothing could be more absurd. Common salt is the most widely distributed substance in the body; it exists in every fluid and in every solid; and not only is everywhere present, but in almost every part it constitutes the largest portion of the ash when any tissue is burnt. In particular, it is a constant constituent of the blood, and it maintains in it a proportion that is almost wholly independent of the quantity that is consumed with the food. The blood will take up so much and no more, however much we may take with our food; and, on the other hand, if none be given, the blood parts with its natural quantity slowly and unwillingly. Under ordinary cir-

cumstances a healthy man loses daily about twelve grains by one channel or the other, and if he is to maintain his health that quantity is to be introduced. Common salt is of immense importance in the processes ministering to the nutrition of the body, for not only is it the chief salt in the gastric juice and essential for the formation of bile, and may hence be reasonably regarded as of high value in digestion, but it is an important agent in promoting the processes of diffusion, and therefore of absorption. Direct experiment has shown that it promotes the decomposition of albumen in the body, acting probably by increasing the activity of the transmission of fluids from cell to cell. Nothing can demonstrate its value better than the fact that if albumen without salt is introduced into the intestines of an animal no portion of it is absorbed, while it all quickly disappears if salt be added. If any further evidence were required it could be found in the powerful instinct which impels animals to obtain salt. Buffaloes will travel for miles to reach a "salt-lick;" and the value of salt in improving the nutrition and the aspect of horses and cattle is well known to every farmer.

The conclusion, therefore, is obvious that salt, being wholesome, and indeed necessary, should be taken in moderate quantities, and that abstention from it is likely to be injurious.

A Female Accomplishment.

There are thousands of people in this country, who are profoundly ignorant of the fact that many, very many of the most beautiful and accomplished women in this country, particularly

in the Southern States, while yet in their teens, make themselves mistress of the polite and lady-like accomplishment of Snuff-rubbing ! The article used, which is a very elegant compound, is prepared especially for their use from choice materials, carefully selected from particular localities. Boys are employed to search the gutters and barroom spittoons, of such classical localities as Seventh and Alaska streets, and to gather such choice morsels of refuse tobacco, as the darkies and bummers of those genteel regions eject from their mouths in the shape of what are scientifically termed old sogers and cigar stumps. These, after being duly soaked in a solution of *Cocculus Indicus*, *Nux Vomica*, and *Henbane*, are placed in a large oven, and submitted to an intense degree of heat ; after which they are transferred to a drugmill, and ground into that elegant compound, known as Scotch Snuff. It is now ready for sale to the ladies for the purpose of rubbing. Reader, did you ever see a lady perform this delicate and refined operation ? No ? Well, then, your education has been sadly neglected. She carries the snuff loose in a pocket or bag made for the purpose, and with a stick somewhat resembling a Chinese chop-stick, and loaded with the snuff, she seizes her delicate ruby lip with one hand, and pulling it out from her teeth, with the other she swabs her gums to her heart's content.

A GOOD PLACE TO BUY DRUGS, ETC.

The reader of these pages will have noticed all along through the book that frequent reference is made to the pharmaceutical preparations of **WILLIAM R. WARNER & CO.**, Manufacturing Chemists, and Importers and Wholesale Dealers in Drugs, Medicines and Physicians' Supplies, No. 1228 Market street, Philadelphia, and No. 22 Liberty street, New York.

This house is **thoroughly reliable**; the writer has dealt with them for **twelve years** in succession, and has always found them fair in prices, their goods pure and unadulterated, and their clerks and salesmen gentlemanly and accommodating. In buying of **WARNER & CO.**, it is not necessary that you should be a judge of the article needed, or that you should know the prices elsewhere; **pure** goods being sold by them, as low as **impure** goods are by some other houses. I would call especial attention to the following: **INGLUVEN** (Ventriculus callosus gallinaceus). A powder prescribed in the same manner and doses as pepsin. This is a wonderful remedy for **Indigestion**, **Dyspepsia** and **Sick Stomach**, from any and all causes. Acts with **promptness** and **certainty**. Try it.

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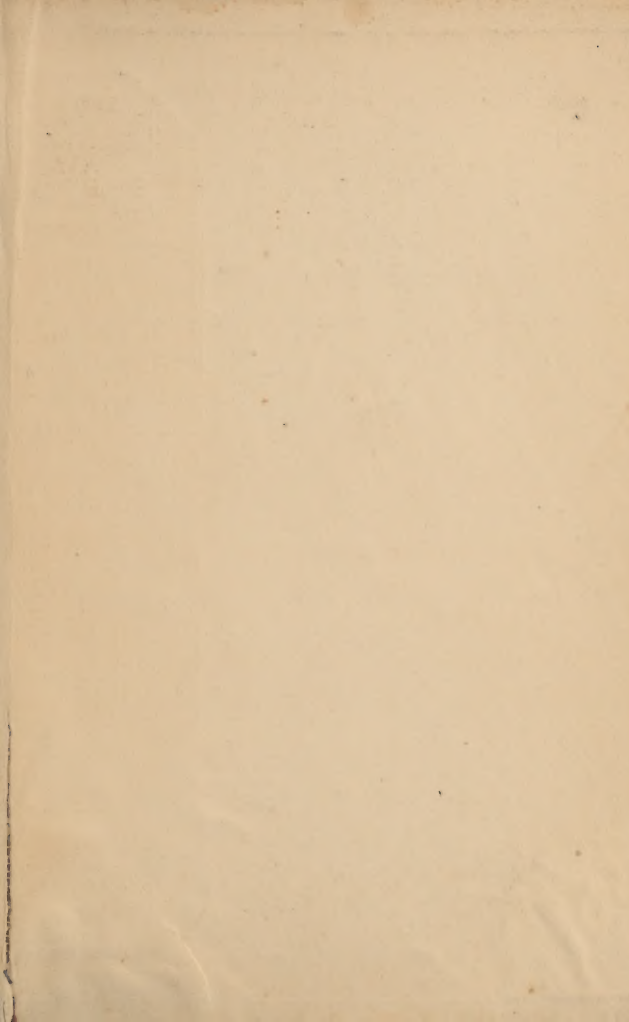
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